

Drink yourself fit!

Sport and rising temperatures cause the body to lose water and electrolytes. It's therefore important to rebalance your metabolism in such cases.

Focus on minerals

Sweating or high temperatures mean we don't just lose water, but also electrolytes. These are minerals that are responsible for regulating important metabolic functions, such as those involving our muscles, nerves or the balance of water in the body. Sodium, potassium, magnesium, calcium and chloride in particular play a special role.

Preferably water

Mineral water is a good source of calcium and magnesium. People doing sport should make sure they choose water containing the highest possible level of these two minerals. During training sessions it's best to drink water that is not carbonated. If you don't like the taste of pure water, you can pep it up for example with slices of lemon or cucumber, berries or fresh mint. By the way, food is often a good source of minerals as well. Potatoes or bananas for example are rich in potassium, almonds or wholegrain products contain magnesium while calcium can be found in yoghurt or tofu.

Isotonic and electrolyte drinks

Isotonic drinks are good at making up for a loss of minerals in the body while quickly delivering energy, as their nutrient concentration resembles that of human blood. They generally contain carbohydrates and minerals, as do what are known as electrolyte drinks. Such drinks are however recommended more for people competing in high-performance sport or taking part in lengthy sporting events. **Tip:** You can easily make your own isotonic spritzer by mixing mineral water with apple, grape or currant juice.

