

Caolan's tips towards preparation for summer sports and activities

With summer fast approaching, the time to think about outdoor activities and exercise is here.

The questions are:

- ❖ Do you know what the best type of exercise is for you, your body type and condition, and your fitness and health goals?
- ❖ Do you know the correct stretches to increase your performance and decrease your chances of injury?
- ❖ Which supplements will assist in enhancing your endurance and decreasing post exercise muscle soreness?
- ❖ Don't know where to begin?

Our practitioners can advise you on all of these matters.

A great starting point is to do a cellular health analysis, a simple test that precisely measures your fat and muscle mass, and fluid balance. This test can also be used to check the effects of your exercise program and to fine-tune your training regime.

Summer also means more body water is lost through perspiration and respiration – ideal consumption of water a day in summer is 5% of your body weight (for an 80kg man, this would mean a consumption of 4 litres per day). There are supplements available from our dispensary; that will also assist in maintaining electrolyte balance with these big shifts in body water levels.

And with fun runs being prevalent around this time of year, orthotics will help improve the biomechanics of your running style, making you more efficient, and decreasing ankle, knee and hip pains. We are able to fit and supply you with custom-made orthotics.

Long hours outdoors will also mean that adequate UV protection will be necessary. Our dispensary stocks hypoallergenic sunscreens that offer broad spectrum coverage without irritation to the skin.