

## **Your Golf Drinking Habits**

### Hydration

A 2% drop in body hydration causes reflex, concentration and ultimately performance deterioration by as much as 5%...or in golf numerical terms you shoot 84 instead of 80!

Half fill a sports drink bottle with your favoured drink and freeze it over night, fill the other half before your round....ice cold re-hydration that lasts 18 holes!

A physiologically uplifting drink for this freeze treatment:

1 pint **flat** Indian Tonic water  
½ pint pure orange juice  
½ level teaspoon salt  
Dash of lime cordial

A guaranteed recipe for hydration success to use pre, during and post round:

Mango juice is nature's gift, high in natural carbohydrates and muscle glycogen supplies.

1 pint mango juice  
1 pint water  
½ level teaspoon salt  
Dash of blackcurrant cordial.

Note: Cut out the salt if you have any medical concerns.

### **The Best Recipe**

5 Iron tee shot nailed on a 180 par 3....rolls up, kisses the cup and belly flops in.

Go directly to the bar...empty your wallet....call a taxi.

Bob Wood  
Physical Solutions