

Eat and Drink your way to better scores



/// By Paul Prendergast

Many a golfer will have made New Year's Resolutions to lose weight, get fit, practice more, improve their putting, get a lesson... and so it goes on.

After a hearty festive season which rolls on into the New Year, compelled as we all are to eat all the leftovers rather than dispense of them, the suggestion of a resolution to 'Eat and Drink More' will surprise many. However, for the golfer who is serious about looking for an edge to shave one or more shots off their scores on a consistent basis, good golf nutrition is an element of the game that is often overlooked but where some immediate improvements can be achieved.

The Director of Hammer Nutrition Australia, David Williams, knows all too well that what you do and don't put in your mouth before, during and after a round of golf has a direct bearing on performance. Hammer Nutrition are well known throughout the world for supplying products for cycling, triathlon and other endurance sports and Williams says the typical 5 hour



round of golf in the heat, wind or rain places golf in that category, especially if you are playing at a high level in tournament conditions over several days.

'Concentration levels need to be maintained for four and half to five hours a day' says Williams. "If you're putting a lot of time into practicing and training for golf and your nutrition is not good, your blood sugar levels can drop which affects your concentration levels. Your blood sugar goes up through simple sugars intake but can drop as quickly, so you have this up and down state if you don't eat the right foods.'

'It's the same with hydration. You need to be drinking at least half a litre to 800 mls per hour, otherwise you can get dehydrated quite quickly. If you get your nutrition and hydration right, you will have more consistent energy levels, have a better chance to let your body recover and perform at a higher level.'

'To me, it seems like an easy way to save yourself a few shots per round, especially if you're taking the game seriously and playing and practicing a lot to improve' said Williams.

Williams said that while he sees many young players trying to taking their games seriously, all you ever see them doing is hitting balls while eating the wrong foods and fluids. As a former cyclist and competitive triathlete himself, Williams practices what he preaches on the golf course these days. 'I take a few 800ml bottles of our High

Energy Electrolyte Drink (HEED) on the course with me to drink throughout the round, which is made up of complex carbohydrates and electrolytes with no sugars.'

HEED contains no added simple sugars and has an extremely light and subtle flavor, a welcome change from the typical sports drink, Williams noted. 'I also take one or two of our energy bars along as well.'

Hammer Nutrition stocks a range of Energy and Recovery Bars as a snack or meal replacement that are not to be confused with other energy bars on the market, which are often full of refined sugar and saturated fats.

The Hammer Energy Bar ingredients are 70%-90% Raw, non GMO, 100% vegetarian, Gluten-Free, non dairy organic Belgian Dark Chocolate (Chocolate Chip flavor), are rich in phyto-nutrients and enzymes, alkalizing protein, healthy carbs, high in protein, high in essential fatty acids, cold processed and delicious to taste.

'Eating these bars during a round of golf will certainly help provide those consistent energy levels and avoid the spike and drop in blood sugar levels that eating confectionary bars, high in refined sugars and containing little nutritional value, will provide.'

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