

## 運動飲料是否真的運動後要多喝？

**流言：**運動飲料是運動的必備單品，它不僅能高效補充水分，同時還能更好地促進電解質恢復平衡、補充能量，防止低鈉血症及水中毒，讓運動員表現更出色。對於非運動員，運動飲料也是健康生活的一部分，運動飲料能讓你更健康。



**真相：**運動飲料主要由水、糖（葡萄糖、低聚糖等）以及鈉鉀離子的電解質等成分組成，目的是補充運動員在比賽和訓練中丟失的水分、電解質和能量物質。它最大的功能是針對進行密集、高強度運動的運動員設計的，對於普通人來說，運動飲料並不是健康的日常飲品，相反它還會帶來一系列健康問題。

## 運動飲料助你保持良好競技狀態？

對運動員來說，體液大量丟失的確可能對健康和運動能力造成影響，但運動飲料是否真如運動飲料企業宣稱的那樣，能更好地促進體液和電解質的補充現在是有爭議的。

有學者提出運動員每日三餐的營養膳食就足夠補充其在訓練和比賽中的電解質和能量物質耗損。從這個觀點上說，用運動飲料來補充訓練或比賽后的能量或電解質損耗不是必需的。而對比賽或訓練間歇期間的能量補充來說，適量補充固體能量棒、糖塊、香蕉等也能達到相應的目的，這點運動飲料並無突出優勢。

對於最關鍵的補水問題，運動飲料似乎也沒有比普通水更好的效果。現代體育中，由於比賽規則的改變，運動員可以有充足的時間進行液體補充。所以，在運動實踐中真正能夠危害運動員健康的是由於大量飲水造成的低鈉血症以及高溫環境導致的熱病等。

研究發現低鈉血症的發生與補充的液體種類無關，而只與補充的量有關，也就是說過多的補充運動飲料也會造成低鈉血症。目前認為水分的補充應該聽從身體的需要，感覺到口渴，就適當的喝點水，這就足夠了。對運動中的熱病來說，核心體溫的升高更多的受到外界環境（溫度、濕度、風速等）的影響，而與你補充何種液體無關。

## 運動飲料讓你更健康？

在成功地讓運動員們相信，運動時喝什麼跟平時訓練一樣重要後，運動飲料產業緊跟著就擴大了目標銷售人群。他們將廣告投向大眾媒體，他們還通過運動醫學教育向學校、家長和學生傳達補液的重要性及瓶裝水的不足。

他們的策略非常有效，現在非運動員已經成為運動飲料最大消費群體，很多不怎麼運動的人，都將喝

運動飲料視為一種健康的生活方式。來自耶魯大學食品政策與肥胖研究中心的一份分析指出，1/4的美國父母認為運動飲料對孩子來說是健康飲品。

但運動飲料公司提供的所有研究其對像都是保持密集、高強度運動習慣的人。他們似乎沒有考慮過他們絕大多數的消費群體只是平均每週去健身房呆2小時的人。這也是為什麼歐洲食品安全局（European Food Safety Authority, EFSA）聲明說：含有碳水化合物的電解質飲料（運動飲料）只適用於那些經常進行高強度耐力運動的體力活動人群。

哈佛大學的研究人員指出，一瓶500毫升的甜飲料一般含3-14湯匙糖（1湯匙約4克糖）。吃進去更多醣意味著攝入更多能量，若其他方面得不到控制，必會增加肥胖、糖尿病、齲齒、痛風等健康問題。上述那份來自耶魯大學的分析證實，兒童消費運動飲料的增加，對他們的肥胖“貢獻”不少。

其次，運動飲料中的電解質鈉也會帶來一些健康問題。運動飲料中鈉含量一般在50-1200毫克/升。喜歡喝運動飲料，勢必增加鈉的攝入量。而過多的鈉會增加高血壓、中風、心血管疾病、胃癌、骨質疏鬆等疾病的風險。

運動飲料明顯不應該被當成健康飲料大量飲用。

結論：對於保持密集高強度運動習慣的人來說，只要感到口渴時就補充適量水分，避免一次大量補液，那無論喝什麼，都能預防脫水、低鈉血症及水中毒等問題；而巧克力、香蕉等在補充能量方面，也不輸運動飲料。所以，是否選擇運動飲料只是個人喜好。對業餘運動愛好者或者從不運動的人來說，運動飲料絕不是健康生活常備品。

## ‘8 glasses of water a day’

is a phrase that we have all been hearing since childhood. Most of us don't follow it however, drinking water only when we feel like it. This is a **huge mistake**, because drinking plenty of water does wonders for your body. It makes your hair shine, keeps your skin firm, helps you lose weight, improves your digestion, prevents fatigue and even gives your brain a boost. So, now that we've sold you on the why, lets get down to the how.

Here's how you should be spreading out your water intake throughout the day.

### 1. Drink 1 to 2 glasses as soon as you wake up to get your system going.

This will clear all the toxins out of your system, and get your organs moving. You can add flavours like lemon, honey and cinnamon to the water if you like, to boost its health quotient.

### 2. Drink 1 glass of water half an hour before your meal to boost weight loss.

This will dull the edge of your hunger so that you eat a little less at meal time. It also prepares your stomach for the food that is to come.

### 3. Don't drink water during or immediately before or after your meal, as it dilutes digestive



**juices.**

Avoid drinking water half an hour before your meal, during your meal, and one hour after your meal. It dilutes your digestive juices, making them much less effective.

**4. Substitute water during meals with yoghurt, buttermilk or raita.**

If you get thirsty during your meal, instead of drinking water, have some yoghurt or raita instead. It has the same cooling effect on your body, but does not hamper your digestion. Buttermilk is another great option!

**5. Drink water when you feel hungry to prevent needless snacking.**

The body's signals for hunger are very similar to those for thirst, so the first thing you should do when you feel hungry is drink some water. Wait for about 10 minutes, and if you're still hungry then go ahead and have a snack by all means, but you may just find that your hunger pang has miraculously vanished.

**6. Drink a glass of water when you feel tired to power up your brain.**

Since 75% of your brain consists of water, drinking water helps it function better. Drink a glass of water if you're feeling tired at work, or if you have a big presentation coming up and need to focus.

**7. Drink more water in the first half of the day than the second half to prevent middle of the night bathroom trips.**

Drinking too much water in the second half of the day will ensure that you keep waking up at night to use the loo. Instead, drink more water in the first half, and then slow down your consumption in the second half.

**8. Drink more water during the day if you know you're going to get less sleep that night.**

Your body carries out all its repair and renovation while you're asleep, and it can transport nutrients around much better and faster if you're well hydrated. Therefore, if you know you're going to get less sleep that night, drink extra water during the day – it'll help you feel a little more rested the next morning.

**9. Drink plenty of water before and after you exercise to power up your muscles.**

It's important that you are hydrated when you exercise, because your body needs to transport necessary nutrients to your muscles. On days that you know you're going to be working out, drink plenty of water before you start, and then after you're done. Water also prevents tiredness – you'll get tired much faster on a day that you're dehydrated than when you're properly hydrated.

**10. Drink a little extra water if you're ill, or if you're pregnant or breastfeeding.**

Drinking water when you're sick will help your body repair itself faster. Pregnant and breastfeeding women require a little more water than usual – about 10 glasses per day is recommended.

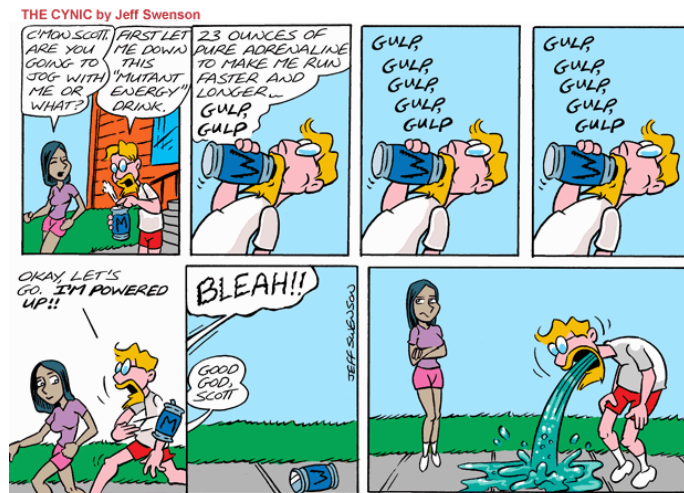
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