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Depending on the intensity and duration of your session, you may need to top up on extra fluids and potentially carbohydrate during exercise.

The advice below is generalised for the recreational exerciser and specific nutrition requirements will differ depending on the level of intensity and duration of physical activity.

Generally, if the exercise session is less than 60 minutes in length or even 90 minutes at a low intensity, you most likely won't need extra fuel to keep you going. In contrast, if the exercise session is more than 60 to 90 minutes, it is a good idea to top up on a rich source of carbohydrate to fuel the remainder of your session. Once consumed, the carbohydrates will be broken down into glucose to provide your brain and muscles with extra fuel, allowing you to sustain the intensity and the quality of the activity.

Similar to pre-exercise nutrition, carbohydrate-rich foods consumed during exercise should be low in fibre, easy to digest (i.e. not too high in fat) and sit comfortably in your stomach. There is no one size fits all approach to this - see what works best for you and your goals. You also need to consider the practicality of consuming food during the session.

Here are a few carbohydrate-rich snack ideas that you might like to choose from:

- A piece of fruit – e.g. a banana, a few fresh dates; or
- A basic sandwich with a thin spread (e.g. jam, honey, peanut butter or vegemite); or
- A muesli bar; or
- If necessary, a sports carbohydrate gel or energy bar

Hydration during exercise is also extremely important, however fluid requirements are highly individualised. Consider your sweat losses during the session, which may also be dependent on the temperature and humidity. If you feel like you need to replace sweat losses, be sure to sip on fluids to ensure you maintain hydration throughout the session. Avoid becoming dehydrated. Water should be the drink of choice for most people; however, sports drinks may play a role if you are needing to ingest both carbohydrates and fluids at the same time.

If you are competing, make sure your nutrition and hydration strategies that are in place during the event are trialled and tested prior to race day to ensure they work for you and are appropriate to consume while competing. Trialling the types and also the timing of foods and fluids during training and practice sessions will help you maximise your performance on race day. For personalised and tailored sports nutrition advice, [find an Accredited Sports Dietitian](#) near you.