Physical Activity Fuel [1]

Week of:
Dec 28, 2018

What to drink before, during, and after physical activity [2]

1) Dear Alice,

I am a soccer player who is extremely active and drinks lots of water. I am wondering, for my sake, whether it is better to drink cold water or warm water. While we all like cold water better, I was wondering if because of the fact that your stomach is a lot closer to body temperature than the temperature of most tap water, that it would be better to drink warm water. I thought this because it seemed like your stomach would be able to handle it a lot better. Thank you for your time.

— J

2) Alice,

What’s the best thing to drink before a workout? After?

— Thirsty

Read more [2]

How soon after eating should workouts begin? [3]

Dear Alice,

How soon after eating should workouts begin?

Read more [3]

Diet soda versus water for a workout: And the winner is... [4]
Dear Alice,

I know that when working out or doing physical activity, you should drink a fair amount of water. I drink a lot of diet soda (used to drink a lot of regular soda), as much as two liters plus in a day. Is diet soda an okay replacement for water? If not, why?

Thanks,
Thirsty

Read more [4]

Okay to eat sugar-filled foods before sporting activities? [5]

Dear Alice,

Is eating glucose based food good for you before sports?

Curious

Read more [5]

Is it better to eat before or after physical activity? [6]

(1) Dear Alice,

Is it better to eat before or after exercising? I've recently started a fitness program and am not sure which way is the best.

(2) Dear Alice,

Is it bad to eat before you have practice or a game in basketball?

— Hungry Hoopster

Read more [6]
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