

# Wellness Wave Health

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## Power Up: The Best Pre-Surf Drinks for Energy & Endurance

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Surfing is a full-body workout, and your energy levels need to be on point before paddling out. The key is to fuel up without feeling sluggish, balancing natural sugars, proteins, and slow-releasing carbohydrates. Here are the best drinks to keep you energised for your session.

### 1. Banana & Almond Smoothie

Bananas provide quick-digesting carbs, while almonds add healthy fats and protein to sustain energy. Blend one banana with almond milk, a spoonful of almond butter, and a pinch of cinnamon for a tasty pre-surf drink.

### 2. Green Matcha Power

Matcha is a natural source of caffeine that releases energy slowly, avoiding the jitters of coffee. Mix matcha powder with coconut milk and a dash of honey for a smooth, energy-boosting drink that lasts through long sessions.

### 3. Beetroot Juice

Beetroot juice is known to improve endurance and oxygen flow, keeping your muscles from fatiguing too quickly. Drink a glass 30–60 minutes before surfing for the best results.

### 4. Oat & Date Energy Shake

Oats provide slow-releasing carbohydrates, while dates offer a natural sugar boost. Blend them with plant-based milk and a scoop of protein powder for a light yet energising pre-surf shake.

**Pro Tip:** Avoid heavy dairy-based drinks, as they can cause bloating and sluggishness in the water. Opt for plant-based, easily digestible ingredients for a clean energy boost.