

Wellness Wave Health

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Stay Hydrated: The Best Pre-Surf Drinks for Electrolytes

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When you're gearing up for a surf session, hydration is just as important as your board wax. Dehydration can lead to muscle cramps, sluggish reactions, and early fatigue—none of which you want when chasing waves. Here's what to drink before paddling out to keep your body primed and hydrated.

1. Coconut Water - Nature's Sports Drink

Coconut water is packed with natural electrolytes like potassium, sodium, and magnesium, making it a perfect choice to replenish lost fluids without artificial ingredients. Plus, it's light on the stomach, so no bloating before your session.

2. Electrolyte-Infused Water

For an easy hydration boost, mix filtered water with a pinch of sea salt, lemon juice, and a drizzle of honey. This homemade electrolyte drink helps retain fluids and keeps your muscles firing efficiently.

3. Herbal Tea with a Twist

Cool down with iced hibiscus or ginger tea mixed with a splash of orange juice. Hibiscus tea is rich in antioxidants, while ginger aids digestion and reduces inflammation—ideal for long paddles and heavy wipeouts.

4. Watermelon Juice

Loaded with water content, potassium, and natural sugars, watermelon juice hydrates and energises without being too heavy. Blend it up and sip it about 30 minutes before hitting the surf.

Pro Tip: Avoid overly sugary or carbonated drinks, as they can cause an energy crash or bloating in the lineup. Stick to natural, easily digestible fluids to keep your body in top form for the waves ahead.