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A quick translation:

### **Being Lazy Motivates You to Get a Move on You**

Even someone who's passionate about exercise needs a few days' rest each week – and carbohydrates, recommends a professional.

Photo by Pentti Nissinen.

Photo caption:

A sports drink isn't enough.

- Sportsdrinks are used when the performance takes more than an hour and perspiration is heavy.
- You don't necessarily need extra energy for one body pump lesson, you should have swallowed that energy already earlier.
- If you have missed a meal and don't want to miss your training, you can patch up the situation with sports drink and have your meal afterwards.
- These drinks won't help you get rid of your thirst, you should drink water as well.
- The most important factor for continued endurance are regular and healthy meals.

Source: Katja Keränen.

Article:

The improvement of your physical condition and endurance depend on right amounts of rest, exercise and nutrition. IS tested a selection of sports drinks and chose Katja Keränen, an all-round sportswoman, to test them.

### **What advice would Keränen give to a keep-fit enthusiast in terms of eating?**

The harder you train, the more careful you have to be with timing your eating. After a bigger meal you should have 2 to 4 hours, depending on what kind of training you have in mind. Just training your muscles is ok with a slightly full stomach.

After training Keränen recommends you eat as soon as you can.

- It is important to quickly get carbohydrates and proteins, for example a rye sandwich with turkey or chesse, and fruit juice. This speeds up recovery and helps avoid muscles starting to use their own tissue as nutrition.
- You need to keep on drinking even after the biggest thirst has been quenched. Your organisms can only absorb a certain amount of liquid at one go.
- Low-fat buttermilk is great drink, by the way, both in recovery and in keeping away that slight feeling of hunger after your training.

Keränen wants to remind you of the importance of rest: your fitness improves and muscles become stronger in rest, not in training.

- The active keep-fit enthusiast should take at least a couple rest days a week. This helps keep up your motivation and protects you from repetitive strain injury. Also, people trying to bring their weight down should remember to rest, no matter what.
- If you train yourself to the verge of exhaustion, it is difficult to control your eating, Keränen points out.

Katja Keränen

- works in everything to do with exercising; writer
- runs Balanssi Training Concepts company
- teaches exercise classes, all sorts of group activities; acts as trainer and consultant
- one of KuntoPlus magazine's personal trainers

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Ilta-Sanomat tested:

GATORADE Lemon, 6 points.

"The leading sports drink in the world didn't set anything off. The lemon flavour is horrible, that's what brought the points down. If you can't drink it, it doesn't help if the drinks works. The right amount of carbohydrates. Potassium and sodium are good in long-lasting exercise, the magnesium is a bonus.

(Carbohydrates 6%, energy 125 kcal/0.5 litres)

POWER GENERATION Blue Crystal, 7.5 points.

A bit too sweet and the amount of carbohydrates also a bit too high. Vitamins E and B6 have been added. Salts and magnesium in this drinks as well. These bottles can be recycled only to Lidl-shops, which is a minus.

(Carbohydrates 7,9%, energy 165 kcal/0.5 litres)

FLOW Endurance, 8.5 points

Designed for long-lasting physical and mental activities during which perspiration is heavy.

Advertises that its ingredients as nature's own. Because of the low sugar content also suitable for diabetics. Bonuses for the green tea and for being a domestic product.

(Carbohydrates 5.8%, energy 114 kcal/0.5 litres)

POWERADE Mountain Blast, 8.5 points.

A good basic, precision drink, including potassium, sodium and magnesium. The taste of aspartame brings gives minuses.

(Carbohydrates 5.6%, energy 175 kcal/0.5 litres)

DEXAL RTD, orange, 8 points

Good taste and consistency, a basic drink with a bit less carbs than in the other drinks. Vitamins B3, B5 and B6 are a bonus.

(Carbohydrates 4%, energy 80 kcal/0.5 litres)

This is how the products were tested: .

"The points were affected by taste, consistency/composition and functionality when training. Taste and composition were the most important. I used the products both in muscle and endurance training. Prices from 2 to 3 euro."