

Eat well, surf well

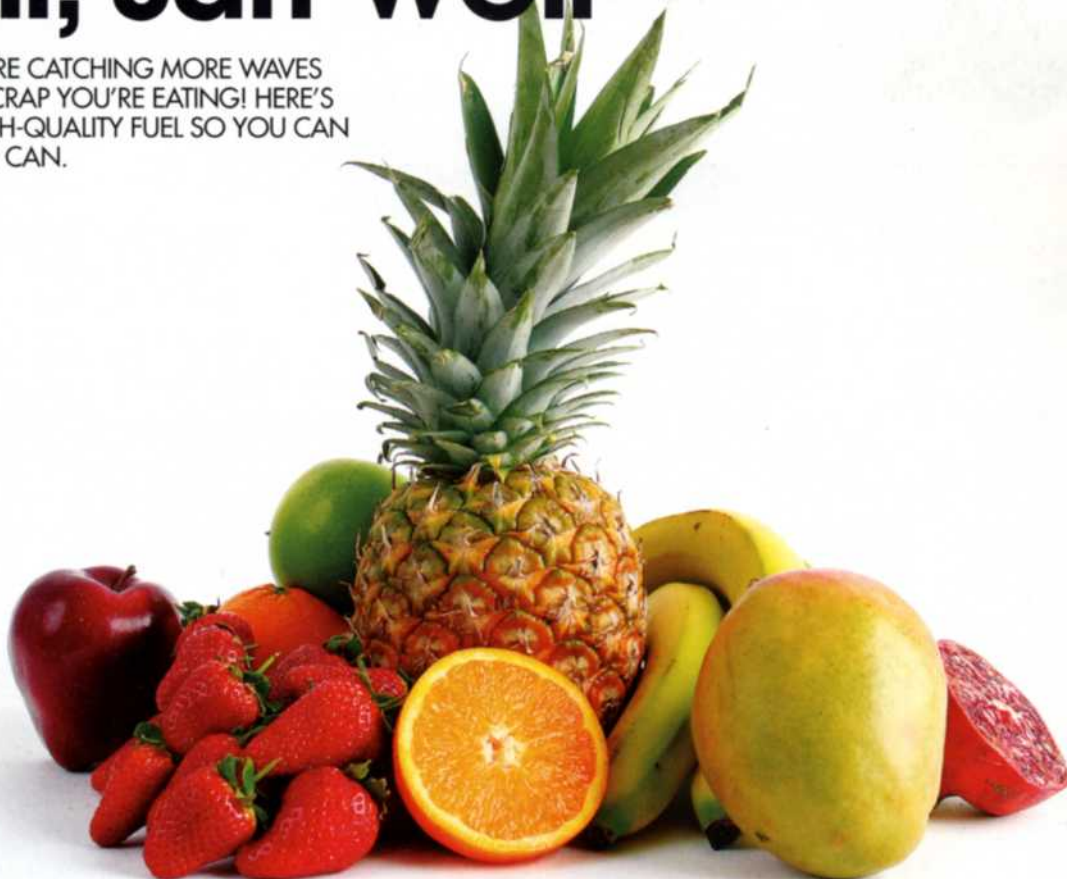
WONDERING WHY YOUR MATES ARE CATCHING MORE WAVES THAN YOU? IT COULD BE ALL THAT CRAP YOU'RE EATING! HERE'S HOW TO FILL YOUR TANK WITH HIGH-QUALITY FUEL SO YOU CAN SURF AS WELL AS YOU KNOW YOU CAN.

BY PEGGY HALL

If you've ever been enjoying a great session and then 30 minutes into it, your arms start to feel like lead or your quick pop-up is more like a slow-motion stumble, most likely you're running on empty. You may not realise it, but what you eat directly affects your performance in the water.

Think about it: you'd rather surf in the ocean than in a concrete wave tank, so why choose processed food over the real thing? The closer food is to its natural form, the better. Oatmeal (not the prepackaged kind with sugar and additives) is better than granola; wholewheat bread is better than crackers; brown rice is better than white.

You don't need a diploma in nutrition to realise that eating wholesome, natural, healthy foods will give you more energy and stamina than grabbing some quick junk food on the run. Think you don't have enough time to eat healthy? Think again! Here are some ideas for good fast food that will replenish rather deplete your energy — so you so you can get all the waves you deserve!



SUPER SURF SNACKS

Grab one of these balanced mini-meals for a quick, wholesome snack. Each one contains a portion of protein and healthy carbs designed to tide you over until your next sit-down healthy meal.

- Wholewheat tortilla spread with almond butter and banana slices
- Cold cooked chicken with an apple and handful of almonds
- Wholewheat pita bread with hummus, lettuce, cucumbers and olives
- Two boiled eggs and an orange
- Celery sticks spread with cream cheese and topped with raisins
- Wholewheat tortilla spread with mashed avocado, diced tomatoes, onions and coriander
- Cup of black beans and brown rice
- One cooked mashed sweet potato mixed with cottage cheese
- Smoothie made with frozen berries and non-fat yogurt
- Small handful of Surfer's Snack Mix (see next column)

SURFER'S SNACK MIX

Mix together a 1/4 cup each of raw, unsalted almonds, sunflower seeds, pumpkin seeds, dried cranberries, raisins and unsweetened flaked coconut. Nibble on a small handful 30 minutes before surfing and watch your energy — and your performance — soar!

BOTTOMS UP!

Be sure to drink up to three litres of pure water every day — more if you're a coffee drinker. This will keep you hydrated so your muscles can work and you can surf better longer. Muscle cramps usually come from dehydration, so drink several ounces of water before you paddle out and more when you come back in.

Avid surfer Peggy Hall is a certified yoga instructor, surf nutrition specialist and creator of the best-selling series Yoga for Surfers, which has helped thousands of surfers worldwide surf better — and live better! Learn more about her book High Energy Eating: Nutrition for Surfers and get free surf stretches at www.YogaforSurfers.com

Basic surf safety for the summer

- Park carefully at the beach and don't leave your keys on, in or near your car. Thieves are everywhere.
- If you're a beginner, take a lesson or two to speed up the learning process and learn about rips and so on from the pro's.
- When you wipeout, cover your head when you surface.
- When paddling out and wiping out, keep hold of your board whenever possible. Do not bail it without checking around you.
- Always wear a leash and have a noseguard on your board.
- Follow the rules — don't drop in, don't paddle past people to sneak onto the peak, and if someone's going for a wave, get out of the way (don't just sit there!).
- Swim between the red-and-yellow flags. Surf or bodyboard (if you've got fins on) between the black-and-white flags.
- If you're surfing somewhere new to you, ask a local, find an info board or ask the lifeguards where the banks, rip and hazards are.
- Wear high SPF sunblock.

