

KEEP MOVING! But secondary school students keen on pursuing sports should also learn to maintain hydration by replenishing water and electrolytes.

No matter you are amateur sports enthusiasts or professional athletes, the importance of maintaining proper hydration cannot be neglected. According to nutritionists, 70% of the human body consists of water, and dehydration means the loss of body water and important ions such as potassium and magnesium due to excessive sweating. It is therefore advisable to develop a habit of proper hydration by replenishing your fluids before, during and after exercise.

This is particularly paramount in Hong Kong's humid and hot climate conditions. Water and sports drinks containing electrolytes are the best way to stay hydrated as the key is to avoid drinks that are high on sugar to avoid unnecessary weight gain.

Low sugar, high on electrolytes

Newly launched **Watsons ISO-TONE** is a low-sugar sports drink that is rich in electrolytes. Easily and quickly absorbed by the body to replenish lost ions, **Watsons ISO-TONE** can also help bringing energy to the muscles to help you to return to peak athletic performance.

In a study of all major sports drinks on the market, most have been found to have high

sugar contents from 4.2g to 4.9g, or 19kcal to 28kcal, per 100ml. The brand found to have the highest sugar contents will yield 165kcal per bottle, or an equivalent of 10 sugar cubes. **Watsons ISO-TONE**, with the lowest sugar level and calories at 3.9g or 17kcal per 100ml, is a much healthier choice for young people.

A special cooling flavour has been formulated for **Watsons ISO-TONE** to help athletes stay fresh and cool after exercise.

Hydrate like a pro

Watsons ISO-TONE has been endorsed by the Hong Kong football team Eastern Salon with their managers Lee Kin-wo and Au Wai-lun, as well as players Li Hai-qiang and Man Pei-tak starring in a humorous viral TV commercial. Inspired by the immensely popular Japanese anime <Captain Tsubasa> (足球小将), the managers and players show off their impressive skills and unique shots powered by **Watsons ISO-TONE**.



Scan the QR code to watch a video about **Watsons ISO-TONE**



Watsons ISO-TONE SPORTS DRINK

識飲一定飲
屈臣氏
ISO-TONE
運動飲品! 場場必勝!
低糖! 冰爽! 快速補充!

Hard work and perseverance make a good athlete, while a proper hydration boosts the athletes' performance to the peak. The hockey boy and girl, Lennon Au-Yeung Lok-lam (ice hockey) and Minnie Yip Ming-yuen (hockey) share their enthusiasm in striving for the best.

Lennon recently has his dream comes true for representing Hong Kong Team U14 squad, competing in the 2014 2nd Taipei International Youth Ice Hockey Tournament. 'It feels so amazing wearing the jersey of Hong Kong team. It motivates me to work harder in order to qualify for the U18 squad and participate in the World Championship next year,' says the Form 3 student of Pui Ching Middle School.

The 14-year-old has his fighting spirit and refuses to be a loser. 'I went to a training camp in Czech Republic during the summer vacation. My team played with one of their best youth teams and lost 1-29. I don't feel devastated because I am

determined to train even harder, some day we will prove that we can be much stronger,' shares Lennon who plays as center.

Minnie, a forward/midfield who made her debut for Hong Kong U16 hockey team last year, shares the same spirit.

This Form 5 student and the current captain of Diocesan Girls' School hockey team talks about her goal, 'I hope that our team can achieve top 3 in All Hong Kong Inter-Secondary School Competition this year. I have witnessed how our team progressed from a beginning stage to now a united team in which every member devotes their best effort. I want to achieve more with my mates.'

The 16 year-old sometimes questions about herself when facing the tough training but she never thinks of quitting hockey. 'This sport has taught me what responsibility means and "never give up". I will go on to play till I can't do it any more,' says Minnie.

As athletes who train hard and regularly, Lennon and Minnie both like the refreshing feeling that **Watsons ISO-TONE** provides, 'when we are training hard, we really need a refreshing drink to reinvigorate us. **Watsons ISO-TONE** is less sweet and we like the cooling flavour of it.'

