

EXERCISE AND... **SPORTS NUTRITION**

WHAT IS IT?

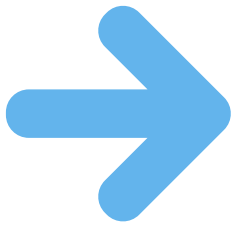
HOW DOES IT AFFECT ME?

WHAT EFFECT WILL EXERCISE HAVE ON IT?

WHAT IS IT?

You may have read the “Exercise and... Healthy Eating” leaflet in this series, and you may be wondering what the difference is between this and Sports Nutrition. For most of the population, healthy eating is the first and by far most important dietary hurdle to jump, but **when exercise performance is top of the priority list, extra measures can be taken to help you reach your potential.** There are key factors to consider, regarding pre, during, and post exercise food and fluid intake before you can realise your full sporting capabilities. It may be that, depending on your specific exercise or sporting goal, you can fulfil all these additional needs through diet alone. However, because of numerous factors, **dietary supplements may provide the best way to becoming your best!**





EXERCISE AND... SPORTS NUTRITION

WHAT IS IT?

HOW DOES IT AFFECT ME?

WHAT EFFECT WILL EXERCISE HAVE ON IT?

HOW DOES IT AFFECT ME?

As mentioned, pre, during and post calorie intake is very important. Consider a sporting race or event under the timeframes below, follow the do's and don'ts and you won't go far wrong!

Over two weeks before the event:

Consistently eat up to eight portions of fruit, vegetables, and high fibre foods every day, and start to experiment with energy bars and sports drinks to find which ones work best for you. Try to eat little and often, so your body never becomes low in supplies of certain nutrients. Ensure that these small meals consist of carbohydrates, proteins and 'good' fats- a good ratio of Carbohydrates to proteins is 4:1 Don't try to actively lose weight in this period- your increase in calorie expenditure through training and your body's natural tendency to optimise its efficiency (perhaps by losing weight) will govern this process

A few days before the event:

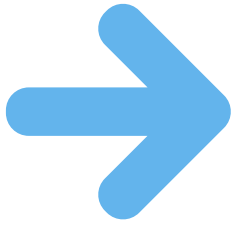
If your race is a long one, like a marathon, add salt to your diet (about a teaspoon a day) to prepare for loss during the race. Only do this if you are healthy, and ensure that you couple this increase with a similar one in water uptake. Don't try anything new in your diet at this stage, as it can leave you with stomach upsets or a shift in the way your body deals with other important nutrients. Try to load up on your carbohydrate intake, as your stores will need to be full to get through a 4-hour run!

On the day:

Don't try and eat too much on the day, but ensure that you regularly snack on carbohydrate, and don't take on too much water, as it can serve to literally 'dilute' the effect of other nutrients

After the event:

Refuel! Make use of the 15-20 minutes after exertion, when the body's refuelling capacity is vastly speeded up. Try to decrease the amount of supplements you take in this period, replacing them with whole, natural foods where possible



EXERCISE AND... SPORTS NUTRITION

WHAT IS IT?

**HOW DOES IT
AFFECT ME?**

**WHAT EFFECT
WILL EXERCISE
HAVE ON IT?**

WHAT EFFECT WILL EXERCISE HAVE ON IT?

Exercise will use up the most readily available energy sources you have in your body, which will need to be replenished after you have stopped. Simply, if you don't have enough of the right stores of energy, your performance will suffer, and your recovery will suffer if you don't give back what you lost!

The top nutrition priority for performance is establishing a consistent energy state every day, where you are taking in, using, and replenishing all your calories. Hydration is also a key factor; if you are as little as 2% dehydrated, performance can drop by as much as 10%!

If you are considering using a dietary supplement, there is probably the biggest benefit in using a 'complete' supplement, incorporating carbohydrates, proteins, and fats immediately after your workout or race. The presence of all three food types assists each other in their uptakes and use. Before your workout, and if your exercise session is going incorporate more than half an hour of exertion, it may be beneficial to take a carbohydrate drink if your intake that day had not been sufficient.

Taking too many extra nutrients is of no real benefit to you, and can even have occasional down sides to it. For example, processing more protein than can be effectively used for tissue rebuilding, may lead to the kidneys being overworked and damaged over a long period of time. So, if you think drinking two post-workout shakes will increase your muscle growth, think again!

Most of us can happily work, rest and play on a balanced diet, but only when you want to push your boundaries of performance and (hopefully!) achievement, do you need to look into the benefits of Sport Nutrition.