



Holistic approach in health and wellness- “sports nutrition health and hygiene”

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Abstract: It is fact that the importance of what foods are eaten is matched only by when they're eaten. Proper nutrition is important not just on the day of competition, but on a daily basis. Eating a meal or snack an hour or so before athletic activity will provide energy without having a full stomach. It is also important to replenish the body's stores after athletic activity. A meal or snack within one hour of activity will assure this. Carbohydrates should be the main focus, along with protein in smaller amounts.

Key words: Sports nutrition, Carbohydrates, Proteins

Introduction

Sports nutrition is the study and practice of nutrition and diet as it relates to athletic performance. It is concerned with the type and quantity of fluid and food taken by an athlete. Aside from training nutrition has the most important influence on sports performance. To reach one's highest potential, all of the body's systems must be working optimally. The best way to achieve this is to eat a variety of nutritious foods. Calories, Carbohydrates, Proteins, Fat, Vitamins, Minerals and fluids all play a unique and crucial role.

Methods

To have enough energy for exercise (and for life), an adequate number of calories must be consumed. The amount of calories needed depends on many different factors such as age, sex, height, weight, muscles mass and fat mass. Too few calories can negatively affect workouts and energy levels, as well as cause the breakdown of muscle and bone, increasing the risk of injury.

Carbohydrates

Carbohydrates are the body's main energy source for all types of exercise. Carbohydrate is stored as glycogen in the body and the amount of glycogen stored in the body affects stamina and endurance. When muscle cells run out of glycogen, fatigue sets in and performance will suffer, though the effects will vary among different sports. Training and eating properly with particular attention to carbohydrates can increase and maintain glycogen stores which is particularly important for endurance athletes.

Proteins

Protein is essential to build and repair muscle tissue. Protein allows muscles to contract gain in size and increase in strength. Loading up on protein does not guarantee larger muscles. Protein in excess of the body's needs is stored as fat not protein. Muscle growth comes from hard work, proper training and balanced nutrition. Food sources of protein include lean meat and



poultry(fish and chicken) fish, legumes (dried beans and peas) nuts, seeds and dairy products. Protein needs for active athletes especially endurance sports are higher than for non-athletes. The maximum recommended amounts of protein is 1.2 to 1.4 g/kg of body weight. This requirement can be met through diet alone.

Vitamins and Minerals

All vitamins and minerals are important to that deserve special attention from athletes are iron and calcium. Iron is important to carry oxygen in blood and it play a key role in sports performance. The best sources of iron are lean red meats, shrimp, iron-fortified cereals and bread products. Calcium keeps bones strong. Food from the dairy group including milk, yogurt and cheese are excellent sources of calcium. Non-dairy sources of calcium include dark leafy green vegetables but the calcium may not be absorbed as well. There are also many calcium-fortified juices and foods that can help boost calcium intake. In addition weight-bearing exercises increase bone density. Calcium needs for female teenage athletes is 1300 mg daily.

Fluids

Water is critical to all body functions and makes up about 60 percent of a person's body weight. Water helps move nutrients throughout the body and helps remove waste from the body. Replacing the fluids lost during exercise

is essential to sustaining performance, preventing dehydration and avoiding injury. Event mild dehydration can cause muscle and body fatigue which will reduce athletic performance. Since thirst is not always a reliable indicator of fluid loss, athletes should drink fluids before they get really thirsty.

Eight to ten cups of water a day is the recommended daily intake for most of people. However, extra fluids are needed by athletes are replenish what is lost during exercise. Drink with caffeine or alcohol should be avoided as they are dehydrating. Exercising in extreme heat increases fluid needs even more, since more is lost through sweat. Taking in too much water can be just as dangerous as not taking in enough. Athletes should experiment with different fluid intakes to determine the best amounts for optional performance.

Sports drinks can be helpful, especially for events lasting sixty minutes or longer. In addition to fluid they provide the advantage of quick replacement of carbohydrate and minerals and also replace electrolytes lost in sweat. Another advantage is taste. Athletes may be more likely to drink more fluid if the beverage has a desirable flavor. The ideal carbohydrate solution is 4 to percent carbohydrate, which is typically found in sports drinks.



FLUID INTAKE GUIDELINES

Time in reference to event	Ounces of fluid(OZ)
24 hours before	Drink freely
2 hours before	8-16 OZ.
15 minutes before	8-16 OZ.
During	4 to 8 OZ. every 15-20 minutes
After	Drink freely

The Timing of Meals

The importance of what foods are eaten is matched only by when they're eaten. Proper nutrition is important not just on the day of competition, but on a daily basis. Eating a meal or snack an hour or so before athletic activity will provide energy without having a full stomach. It is also important to replenish the body's stores after athletic activity. A meal or snack within one hour of activity will assure this. Carbohydrates should be the main focus, along with protein in smaller amounts.

Conclusion

One thing that is often overlooked in sports is hygiene. The problem for sports players is the fact that while playing they sweat a lot and if they do not follow proper hygienic practices they can be prime candidates for infections and diseases. Sports and Health Guide people of any age or fitness level can experience improved health and vitality by participating in different sporting activities. Whether you choose an individual sport or a team sport. Athletes spend many hours training so their body can perform at its best. It is important that proper nutrition also be a focus so the hours aren't spent in vain. An adequately nourished body provides

the proper fuel to maximize athletic effort.

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