

HEALTH & NUTRITION FOR

# *ELITE ATHLETES*

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# ***OUTLINE***

## **Items to Discuss**

Importance of a Healthy Environment

Importance of Nutrition

Importance of Water

Dangers of Weight Cutting and Dehydration







# *Importance of a Healthy Environment*







# ***IMPORTANCE OF MENTAL HEALTH***

Too much pressure can actually  
hinder athletic performance

# ***IMPORTANCE OF ENTOURAGE SUPPORT***

Coaches and entourage play a pivotal role in an athletes' career and success





# ***IMPORTANCE OF LIFE BALANCE***

During competition focus is usually sided on competition but overall life balance is Important







# ***IMPORTANCE OF NUTRITION***





# ***ENERGY***

**Provides energy for daily activities and training**

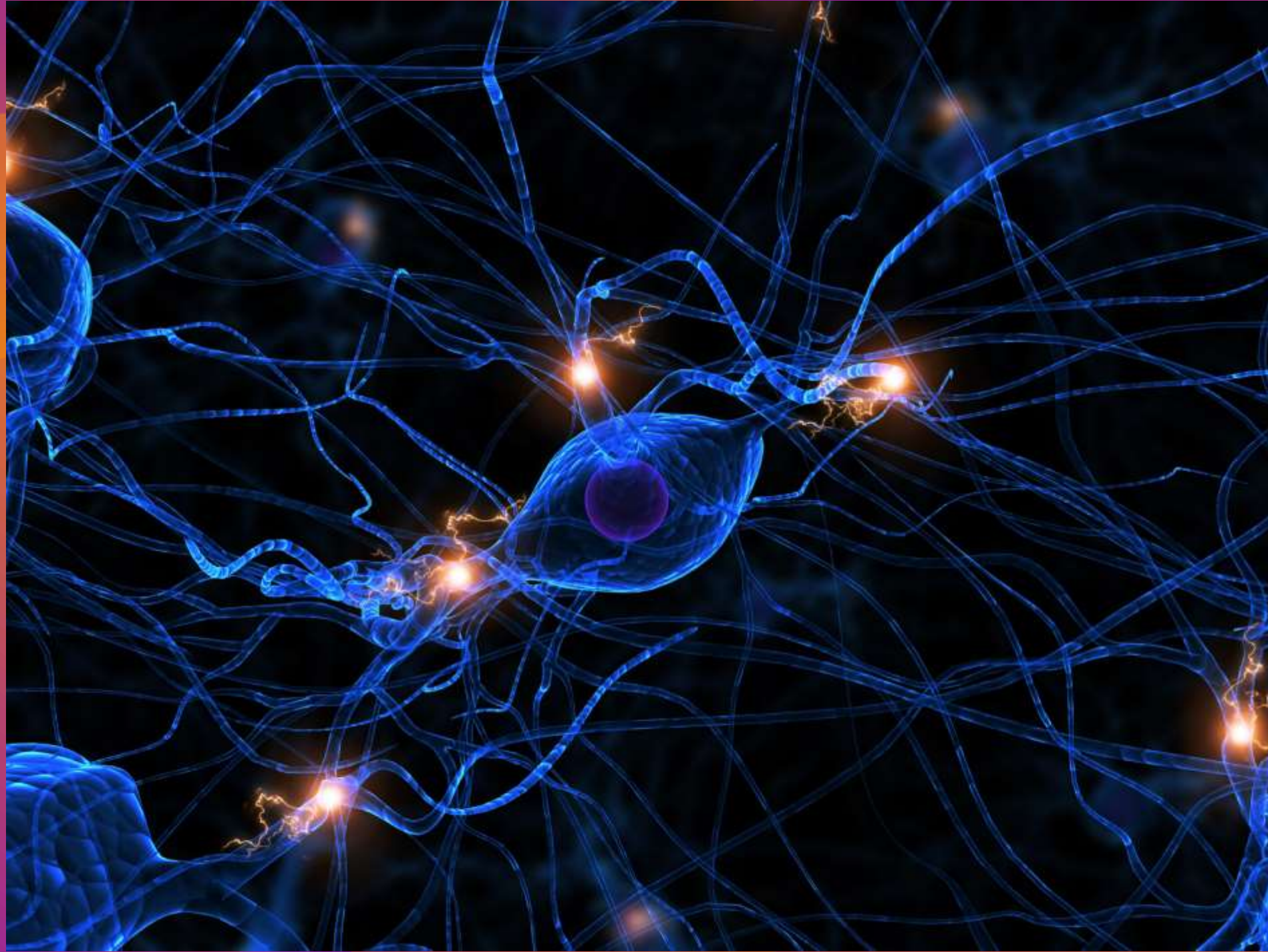


# ***RECOVERY AND REPAIR***

**Provides the essential vitamins and minerals to sustain repair and recovery**







# ***CELLULAR COMMUNICATION***

**Provides the building blocks for hormones which are essential for communication between cells in the body**



# *Proper Nutrition Becomes Increasingly Important for Elite Athletes*



## **Energy**

Carry out daily activities



## **Development**

Hormones are the body's  
communication tools



## **Growth/Repair**

Proper repair and recovery is  
essential to prevent injury



## **Additional Energy Requirements for Athletic Performance**

Training and competition



# *Failure to meet energy requirements may result in:*



FATIGUE



INJURY



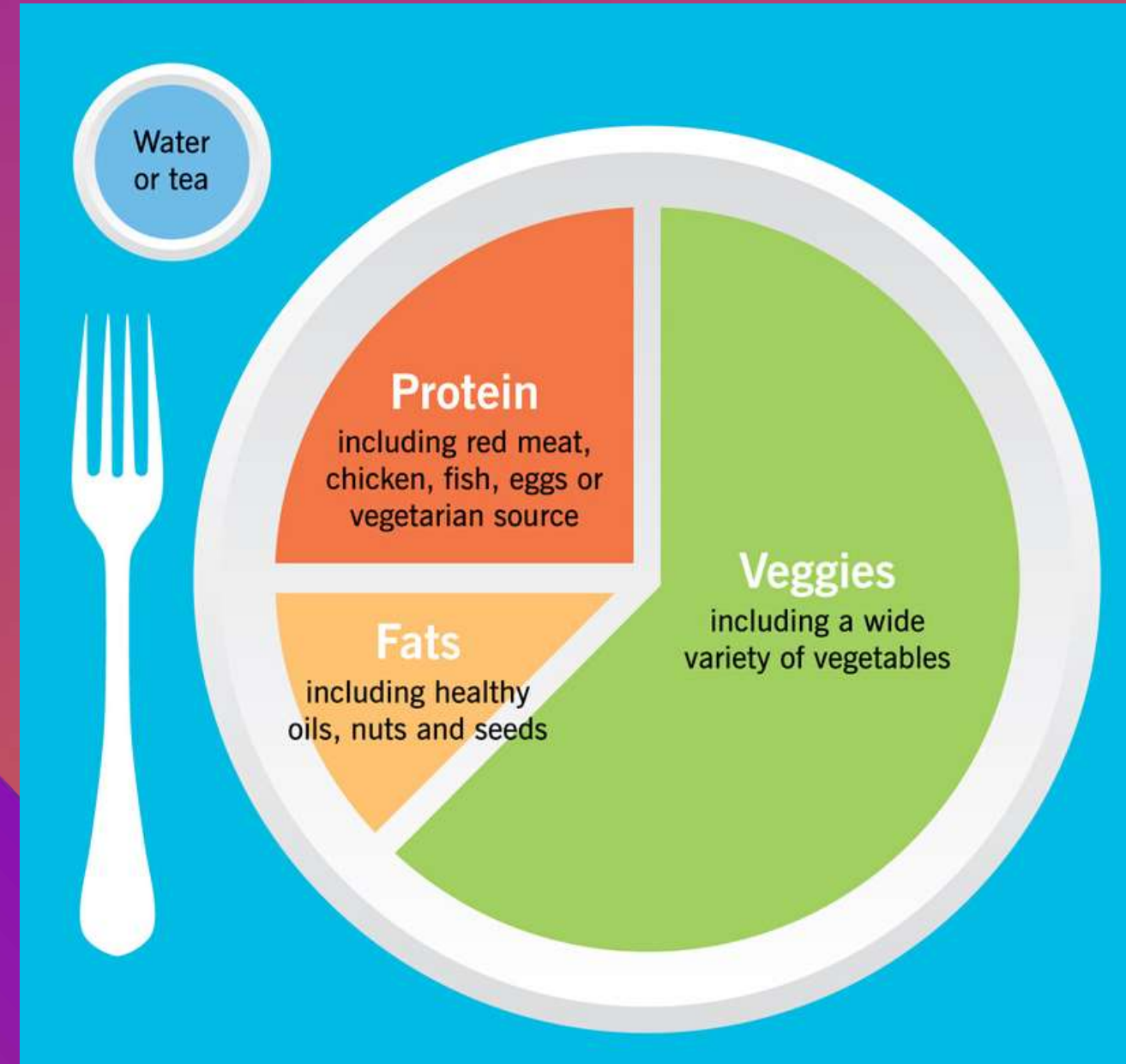
WEIGHTLOSS

FAILURE TO  
PERFORM  
MENTALLY AND  
PHYSICALLY





# *Nutritional Macronutrient Requirements:*





# IMPORTANCE OF WATER

- Removes toxins from body
- Regulates body temperature
- Protects tissues, spinal cord, joints
- Improves blood oxygen circulation
- Affects strength, power, endurance
- Mental performance, your brain is 80% water





***PRACTICE EATING HEALTHY!***





***FOOD SHOULD BE COLORFUL!***





A top-down view of various spices and ingredients on a dark wooden surface. In the center is a wooden cutting board with a piece of ginger and a small white bowl of yellow oil. Surrounding it are cinnamon sticks, red chili peppers, a glass bottle of oil, a wooden mortar and pestle with salt, a bowl of black peppercorns, fresh basil, ginger root, cilantro, red berries, a bowl of brown seeds, a bowl of red chili flakes, a bowl of yellow powder, and a small bowl of white seeds.



# *LEARN HOW TO COOK*





***EAT MORE FRESH FOOD***





# *EAT LESS PROCESSED FOOD*





# ***DANGERS OF WEIGHT CUTTING***



- Stunted growth
- Improper development
- Hormonal issues
- Weak bones and teeth
- Stomach problems
- Mental health (eating disorders)



# ***AFFECTS OF DEHYDRATION***

- Susceptibility to concussion, brain damage
- Kidney damage
- Overheating
- Decreased athletic performance
- Death





# ***DANGERS OF DIURETICS***

- Mineral imbalances
- Headache
- Dizziness
- Thirst
- Increased blood sugar
- Kidney damage
- Damage to blood vessels in brain, heart





# ***DANGERS OF CANNABANOIDS***

- Psychological and physical dependence
- Loss of attention and motivation
- Impaired memory and learning abilities
- Weakening of the immune system
- Respiratory disease (lung and throat cancer, bronchitis)

