

Sports Nutrition

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Oneonta State Athletics

"Sports nutrition" applies to the elite athlete and the active person equally. A solid sports nutrition plan can support your training and improve your performance, all while promoting health and wellness. Eating right allows your body to adapt to training, helps you recover after exercise and attain peak performance.

Eating Right to Train Right

Your body needs carbohydrates, protein, fat, vitamins, minerals and fluid to fuel it for exercise. Even if you're not in a sport that has a finish line, eating right means you are able to delay fatigue; it can allow you to push harder and recover faster. It can give you the edge you need to set a personal record. Without the proper calories, nutrients and fluid, your efforts could be unsuccessful.

Eating right will:

- Help you train longer and at a higher intensity
- Delay the onset of fatigue
- Promote recovery
- Help your body adapt to workouts
- Improve body composition and strength
- Enhance concentration
- Help maintain healthy immune function
- Reduce the chance of injury
- Reduce the risk of heat cramps and stomach aches.

Fuel up for your sport

Sports nutrition has many goals to enhance performance. First, it improves performance by improving body composition, which increases speed, quickness, mobility, and strength. Second, it will help the speed of recovery, which will in turn create more capacity for practicing and competition as the body is becoming more fit and adjusted to the coupling of the good nutrition incorporated into the workout regimen. Third, it will allow one to increase energy for both practice and competition, which will definitely help one's performance. Strategic diet will also increase immunity, allowing one to stay healthy and be able to continue and intensify practice and training. Most importantly, it will improve your overall health, as proper health is essential to all aspects of life. It is important for an athlete to maintain weight by increase muscle and decreasing fat.

