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How to Go About Educating Yourself on Sports Nutrition

Topics Covered:

Books On Sports Nutrition

Charts on Sports Nutrition: Guides for a Healthier, Sportier Body

Sports Nutrition Information

What is Sports Nutrition?

Nutritional Health in Sports

Sports Nutrition And Athletic Health

Proper Education On Sports Nutrition

Sports Nutrition Education

Optimum Sports Nutrition

9 Reasons Why You Should Use Optimum Sports Nutrition

Journals Related to Sports Nutrition

The Sports Nutrition Industry: Keywords to Success

Sports Nutrition and Exercise in The Ancient Times

Want That Great Physique? Read a Sports Nutrition Article

How to Go About Educating Yourself on Sports Nutrition

Books On Sports Nutrition

Due to the increasing interest in sports nutrition and a growing number of athletes and health buffs becoming more conscious of the nutrition they take in to power their performance, a lot of books have already been released to disseminate more information and further heighten people's awareness. This is, in fact, very beneficial as awareness is most of the time the springboard of concrete actions.

One of these books on sports nutrition is that of Nancy Clark entitled, Sports Nutrition Guidebook. This book is a collection of solutions suggested by different sports nutritionists.

Nancy Clark, a renowned sports nutritionist herself, shows how one can identify well what to eat to get more energy, cope well with stress, control weight, improve overall health, and improve the quality of workouts in the midst of a stressful lifestyle.

She also gives suggestions on how to lose excess body fat in the body while maintaining the energy for further exercise. She also provides several tips on maximizing the benefits of what one person eats. This book is rich with practical tips on sports nutrition that are easy to follow and apply in day to day living.

Moreover, Susan Kleiner's book on sports nutrition entitled, High-Performance Nutrition: The Total Eating Plan to Maximum Your Workout, presents what one needs to eat in line with a workout plan to achieve optimum results.

She advocates the importance of a good partnership between diet and exercise in performing excellently in sports. She shows how one can bring out the best in any type of workout or exercise, be it aerobics, strength training, endurance training, cross training, and other recreational sports.

Another sports nutrition book is Sports Nutrition for Endurance Athletes written by Monique Ryan. The author's two-decade experience in counseling athletes about their nutritional needs and intake brought about this book.

She explains both the general principles, which are applicable to endurance athletes of any sport and specific guidelines, which are for those engaged in more specific sports like swimming, triathlons, cycling, mountain biking, distance running, and many others.

She likewise covers the basics of nutrition as well as how to train and make that training persist. Overall, this sports nutrition book is a detailed, updated, but practical guide to nutrition.

Still adding up to the list of sports nutrition books is the one entitled Eating for Endurance.

The author is a registered dietician who specializes in sports nutrition as well as an elite endurance athlete. Strategies on improving one's diet, maintaining a healthy and ideal weight, successfully handling extreme environments, using sports nutrition supplements, and many other helpful information on sports nutrition are included in the book.

This is indeed a very credible book as the author speaks from first-hand experience.

One must indeed take the initiative to equip himself with the necessary knowledge and information if he really wants to do well in this aspect. Besides, putting an effort on sports nutrition will benefit no one else but himself.

These books are there not to give false promises or misleading information. Instead, their purpose is to show that achieving goals and targets had already happened in the past and is therefore totally feasible in the present if only one will commit to it.

There are still many other sports nutrition books out in the market that aim to help in information dissemination and proper education of people. Sports nutrition is indeed something that is not supposed to be taken for granted.

Mere exercise is not enough as it has to be coupled with the right and balanced diet as well as the right attitude towards one's health in general.

Charts on Sports Nutrition: Guides for a Healthier, Sportier Body

Athletics is an endeavor that has become increasingly lucrative as time goes by. The modern world has come up with more and more ways to expound the potential of athletes in the most convenient ways possible. A wide variety of exercise and diet programs have been conceived to make sure that the body achieves its highest potential.

To aid the athletes in becoming the demi-gods of physical fitness, business have launched many products such as vitamins and exercise gadgets. Media has provided lots of information that can assist anyone who is into getting fit. Resources such as books, videos and other instructional materials have bombarded their way right into cyberspace.

As examples, here are some very helpful knowledge from several charts on sports nutrition which disseminates information coming from some experts in physical fitness.

The web site of the University of Illinois Extension featured a food guide system that helps in evaluating the effectiveness of one's diet. This pyramid training table guide provided five divisions of food groups, each division equipped with the list of major nutrients supplied by those foods included in the group.

Here are the food groups from the chart that can help enhance a diet:

1. Milk, cheese and yogurt Group

Gives calcium, protein, riboflavin and vitamin A.

2. Vegetable Group

Sources of vitamins and minerals, especially vitamins C and A. Includes veggies such as spinach, tomatoes and broccoli.

3. Meat, fish, eggs, nuts and beans Group

Primary protein source. Also contains iron, thiamin and zinc.

Another useful chart on sports nutrition gives off the main functions of the four main nutrients needed by the body and the recommended intake for each.

Carbohydrates - It is the primary source of energy which is especially needed for the majority of bodily functions. Carbs are essential for high-intensity exercise.

Water - the most important nutrient mainly because the human body is composed of sixty percent of it. Water reduces body fat, eliminates toxins and waste, aids in the maintenance of muscle tone and also keeps the skin moist and healthy. It helps regulate body temperature especially during intense workouts.

Protein - Responsible for the growth of body tissue and the creation of hormones, enzymes and antibodies. It is also responsible for the balance of electrolytes and fluid in the body.

Fat - It also provides energy and also maintains body temperature. Fats protect the organs and carries fatty acids essential to the body.

Another chart on sports nutrition gives great food alternatives for those who want to knock off considerable amount of calories from their diet. Here are examples:

- Have English muffins or half portion of a bagel instead of donuts for snacks or breakfast.
- Use 2 egg whites instead of 1 whole egg for cooking.
- Drink water in place of sodas or canned fizzy beverages.
- Opt for skinless chicken instead of the deep-fried variety.
- Put in non-fat dry milk in coffee instead of regular creamers.
- Enjoy jams in place of butter when having bagels and toasts.
- Use light dressings, oils or vinegars over regular dressings when making salads.
- Order pizza with lots of veggies instead of the ones with loads of cheese.

Sports Nutrition Information

If you have definitely no idea on what sports nutrition is all about, then this article on sports nutrition information might enlighten you.

It is good to know about sports nutrition, not only because you are an athlete or thinking of being one, but it can also help in your nutritional status. This kind of nutrition does not just apply to athletes, though you would first perceive that upon reading its name. Sports nutrition actually applies to everyone, only that it is concentrated on athletes.

Good sports nutrition is not only about what you eat, assuming you are an athlete or would want to become one. It is also about the degree of importance of the food that you eat.

Researchers have come up with sports nutrition information saying that what athletes consume before and after a session of training makes a very big difference on the recovery and performance.

Diets that contain ideal nutrient combinations enhance your performance and also your recovery, at the same time improves the integrity of your muscles. So diets that have an exaggerated amount or excessive amount of a certain vitamin or mineral, or lacking otherwise, do not help your body at all. In fact, it makes your health worse, if what you have left after following this kind of diet from quite some time can actually still be considered as "health."

Carbohydrates and proteins can do wonders for your stance. However, you must not neglect pieces of sports nutrition information saying that for a better training and workout to occur, the carbohydrates and proteins must be combined at the right time. Why? It is because nutrient timing is one of the many strategies that can deem to be very beneficial for those who exercise daily.

Sports nutrition information will also tell you that if you want to fight the obesity epidemic face to face, then you must first increase your daily intake of calcium in your diets. Calcium can't only help your bones and also help you avoid bone diseases or illnesses, but it can also do a big thing in fighting obesity.

When taking in carbohydrates, you have to know if these carbohydrates are needed by your system. If you take certain carbohydrates that are not essential for your health, then there is a big tendency that your health will be compromised.

So, as mentioned, you must take in adequate amounts only. You also have to be aware of which carbohydrates are good or which are bad. Bad carbohydrates are carbohydrates that will have an adverse effect on you. So who would want bad carbohydrates in their system? Most definitely not you.

Everyday, athletes are faced, and sometimes even ambushed, with an abundance of very delicious foods that are very accessible for them. Sometimes even too accessible, which becomes a reason why some, or rather most of the athletes, find it hard to say no to consuming them. But if good performance or success is the goal then health must come first, and say no to those foods that are very tempting.

Everyone knows that self-control is part of being an athlete, but this self-control does not just apply to the performance or temper but also to the food that is being consumed.

For the majority of the human population, eating is the only part of the day that can be considered pleasurable; it is like saying that life without strawberries can be grim.

The only explanation to this is that many people have learned to depend on food for comfort when you are feeling lonely, isolated or stressed. It is a horrible coping stress mechanism. Yeah, it could undermine your stress for a few minutes as you eat, but when you are done with that, you will feel a lot worse when you look at your fat self in the mirror.

There are numerous approaches to dieting and many empty claims for fake successes with fad diets. There are the calories restriction, high protein and fat or low carbohydrates, low fat or high fiber. There are pieces of evidence that strongly suggest that people may have different kinds of responses to specific diets depending on whether their weight is too much distributed towards their abdomen or not.

Sports nutrition information is not so hard to understand at all. There are no complications, only contraindications. So basically, sports nutrition information will tell you what to eat, what not to eat, why and why not and what are the effects of all of the options that have been mentioned.

What is Sports Nutrition?

Almost all of the people, occupying this world, dream of being a sports superstar. You long for that feeling when thousands of fans scream your name when you are about to win a game. But unfortunately, only those with extreme discipline, hard work and talent get to experience that.

Talent is not the only secret of being a sports icon, it is also the way they get their nutrition. You see, sports nutrition is different from normal nutrition because with sports nutrition, the athletes require more nutrients to keep their energy up during their various activities. Athletes perform strenuous activities, that is why more nutrients are needed to keep them running.

Athletes lose a lot of fluids during their game. And like everyone knows, dehydration is one of the biggest problems in the athletic world. Getting tired and thirsty will affect an athlete's performance, just as it affects anyone else's, except that it makes the life of an athlete a lot more difficult to live.

Everyone knows that an athlete's performance is the reason why they get paid, seriously. So basically, if you are an athlete and you want to have that winning edge, then you better get that right nutrition. When you drink enough water and eat a balanced diet and also get the right sports nutrition, your body can utilize energy efficiently and also fuel top performance.

You can make the most of your athletic talents and have more strength, power and endurance when you get the right sports nutrition. These are not just for boasting purposes, however, athletes do have their own way of boasting the above mentioned attributes.

Your diet should be based on different factors and this should involve your age, size, physical condition and the type of sports you are engaging yourself in.

You should first consult your doctor about your diet and not just decide one for yourself. They have the license and they are extremely professional at it, which is why they can give you the right advice on your proper diet and nutrition that you should have.

You lose a lot of fluids every time you exercise. Just imagine the gallons of sweat you lose when you are pumping that body of yours. That is why water is the most important factor in sports nutrition. It is not the only factor, but in truth, it is the most important.

It makes up about sixty percent of your body weight and is involved in almost all of your bodily processes.

As you probably already know, your body cannot produce and store water, this serves as the main reason why you should replace all fluids that you eliminate while doing your exercise, or else you will have to suffer being dehydrated. With athletes, they require more water than the normal eight glasses a day.

Drink plenty of fluids before, during, and after any kind of sports activity to prevent overheating and dehydration. At least try to drink the same amount of water you lose due to sweat. There are also various sports drinks that are good for longer events. Getting hydrated will definitely help boost your energy.

Eating a balanced diet is another key to sports nutrition. The right combination of calories from carbohydrates, proteins and fats gives you more energy for top performance. These nutrients perform certain actions that will help your body as you perform strenuous kinds of sports.

Carbohydrates are the most important fuel source. It provides a minimum of sixty to a maximum of seventy percent of our calories. Carbohydrates are found on almost all of the food you consume. Food rich in carbohydrates are fruits, vegetables, pastas, breads, cereals, rice and many more that are too many to mention.

Your body converts sugar and starches from carbohydrates to glucose, which is the main source of energy of the body. Your body also stores the glucose into your liver and muscles giving your body a reservoir of energy. The more carbohydrates you have, the more energy you can give out. If you run out of carbohydrates, you can also get energy from proteins and fats.

You can get your proteins from meat, fish, poultry, eggs, beans, nuts, dairy products and other foods. Proteins provide a minimum of fifteen to a maximum of twenty percent of your daily calories. They are used in tissue and muscle build up.

Nutritional Health in Sports

Nutritional health is very important. The nutrients that we take in are practically the reasons why we are healthy or why we are not. It could also be a grid to determine if we can eventually

become sports superstars or not. Nutritional health may be the main reason why you are tall, strong and have the skills to be good in sports. This is also vital for having a strong mind and a healthy body because of the fact that these nutrients fuel almost all bodily functions.

In reality, many people fail to achieve a high level of nutritional health. Some reasons why they are not adequately nourished is because of their lack of information. Some people do not even know that what they are eating is bad for them. Some food also lack nutritional facts that they should have on their labels. And some just do not care at all.

People also have this misconception that what is tasty is good for your health. It is really hard to resist unhealthy food because of their availability on the market. Media also advertise more on unhealthy junk foods rather than healthy ones. Unhealthy food may be a reason for us to be fat. If you want to keep healthy, you must first get rid of unwanted fats and be fit as possible.

Some athletes also have low nutritional levels because of certain factors. One is poor understanding of sports nutrition principles. They think that eating many will make the healthy.

Nutritional requirements also differ among people depending on their training program and personal characteristics like age, sex and body type. Their failure to recognize these may also cause malnourishment as they may take too much or less of their nutrients required.

Some athletes also diet too much compromising their nutritional needs. Their lack of knowledge on nutritional facts also contributes to it. Their lack of time and opportunity to eat and the tendency to skip meals is also one reason. Overeating is also a factor of malnourishment because you might eat and take in a lot of fats and unwanted chemicals that may be unhealthy.

The sports nutritional health can be broken down into the foundation of what food is basically made of namely proteins, carbohydrates and fats. We should get optimum amounts of these types for more energy and more muscle gains. You can only lose more than one pound of fat per week if you exercise properly and eat the right food instead of starving yourself. Starving will only bring you malnourishment.

If you are losing fat quickly by starving yourself, over dieting and doing too much exercise, you may be at a risk of slowing down your metabolism and your body might start using the glucose found in your muscles as a source for energy. That is why losing weight bit by bit for a long period of time instead of losing weight quickly is much more preferable.

There are toxins found in our fatty tissues and when we loose fat, these toxins are released back into our body. Losing too much fat in a short period of time means that you are releasing more amounts of toxins into the body causing us to be sick.

On your diet, try to avoid eating food with too much saturated fat because they are bad fats and will make you gain more weight. What you should do is to ingest unsaturated fats of the good fat because it will help you lose weight.

By eating good oils like deep-water fish oil, flax seed oil and linseed oils, you are actually aiding yourself as it rids your body of fatty deposits helping you lose more fat. This weight loss program actually takes a lot of time so only take measurements every two months to give you a

better look on how your are progressing on keeping fit and sexy and how much fat you are actually losing.

I discourage you on taking those commercial diets because they will only set you up for failure and disappointment. These diets make you lose fat so quickly that when you try to start eating again more than you did while on diet, you will gain weight very fast. You should look for a way to lose weight in a slow and realistic rate.

Here are some tips: First is to stay away from white sugar and all other natural sweetener. You should also stay away from simple sugars and take in slowly digested complex carbohydrates. Eat food high in fiber in order to detoxify. And lastly, exercise. The right combination of exercise and nutrients will give you a high level of sports nutritional health.

Sports Nutrition and Athletic Health

To those who do not know, it is quite a pleasure to announce that sports nutrition health is extremely detrimental to an athlete's performance. Why detrimental? This is what drives athletes to prioritize their health and maintain a healthy lifestyle to be able to excel in their sport. How can you play your sport well if you do not have the energy nor do you have the muscle strength to run fast or to jump high?

However, there are certain factors that can prevent you from attaining that sports nutrition health that is deemed to appropriate for your status.

You, assuming that you are an athlete or thinking of becoming one, must, first and foremost, understand the principles of sports nutrition completely. What is the point of staying healthy when you do not even know what being healthy is all about?

You must also avoid engaging yourself in false beliefs and misconceptions. Myths are completely different from facts, and your sports nutrition health is indeed a fact so do not, under any circumstances, mix unreal and unproven principles with facts. Doing so will do a great deal in compromising your health, thus, your career as an athlete.

You must also take note of nutrition requirements that are related to your training program. Failure to recognize these said requirements would bring bad effects to your health status. Why? You might be taking carbohydrates all right but not in the right amount or in the amount that is appropriate for you. So there will either be an excess or a lack, and neither is helpful for your health status.

There is a fine line between having a good sports nutrition health and dieting to lose fat. In fact, it is not just a fine line but a huge line. Do not mistake them to be the same thing or else your health will be compromised.

You may have an extremely busy schedule, being an athlete and all, but you must still consume appropriate amount of food. So you must manage your time well to have an adequate time for eating. Time management is definitely the key.

For starters, you may not be financially stable right away, but that is how it always is when you are just beginning. However, this scarcity of finances might be a factor for you not to be able to attain adequate food supplies.

For those who are already making it big, your sports nutrition health should always come first. This means you have to manage your money efficiently so that you can have the appropriate supply of food, and still have enough to spend on those blings.

Frequent traveling might also be a factor to a faltering sports nutrition health. Aside from the fact that it is expensive, there is also a huge tendency that you will be taking your food on the road.

This will then minimize the selection of your food to those that are portable, which will leave out the food that are difficult for you to carry but important for your sports nutrition health. The time for eating should also not be modified.

Sports nutrition health experts break sports nutrition health down to what food is basically made up of, that would be protein, carbohydrates and fats. These components are very important but an excess would be a cause of a nutritional downfall.

Fats are the things that you should be more concerned about since these are the ones that “decide” what kind of figure to give your body. You must not lose more than one half pound of fat in a week because if this happens, your body will individually think that you are undergoing a fasting, trying to starve yourself. If this is the case, your metabolism slows down since there is a need to conserve calories that have been used and also since your muscles will be used as sources of energy.

So listen to these tips and you will be on your way to stardom as a successful athlete, but still keep your sports nutrition health very much intact. Why? It is because without proper sports nutrition health, you will not have a chance or an opportunity to be a successful athlete. An athlete yes, but a successful one? Think again.

Proper Education On Sports Nutrition

Sports nutrition is not that straightforward as it seems. To achieve desired results, there has to be some form of an education about the functions and processes of the human body, its reaction to the environment, its requirements for certain nutrients, and many others.

The bottom line here is that there has to be an appropriate sports nutrition education before anything is done to the body.

A good sports nutrition education program must lay down the basics. First, it must advise the intake of the right amount of fluids at the right time.

Also, it must suggest a good diet that includes the right variety and amount of food taken at a specific time.

Another basic info is the fact that only safe, appropriate, and effective nutrition supplements must be taken at the right time. These information should be the core or foundation of all other details presented in a sports nutrition education program.

This education on sports nutrition has to be as updated as possible. As the years go by, more and more products are being introduced in the market that are said to advocate nutrition for athletes and those engaged in body fitness.

Before being lured by such products, it is essential that there has to be a clear understanding of the components first. Moreover, the legitimacy of the claims must be initially confirmed as well. Otherwise, instead of getting better results, the opposite might take place.

Enough research and observations of previous experiences and circumstances must likewise be available to an education about sports nutrition. There should be facts but these have to be somehow supported by concrete incidents and testimonials.

When buying a product, this explains why one has to survey first and avoid being impulsive as previous positive or negative feedback says a lot about a product. However, one need not be a plain imitator thinking that what works to other people will similarly work for him. An assessment of individual characteristics is also very important.

Sports nutrition education may come in several forms. A lot of institutions have already been conducting seminars and other awareness programs to educate people. Some sports and health facilities offer such seminars in-house while some outsource for resource people.

Oftentimes, certain campaigns are purely aimed at providing education about sports nutrition but there are others, which launch such programs in support of a sales and marketing strategy.

One should be careful with these types as the efforts may be too sales-oriented and may take for granted individual needs and concerns.

At times, instead of looking at creating a more informed and educated society about sports nutrition, companies are just too focused on achieving their sales targets. With this, the real benefits of the products are usually not realized since they were taken not in line with the actual needs of the body.

In several instances, it appears to be always best to consult a physician first and foremost. They are the people most knowledgeable of bodily functions and processes. They may be able to easily identify if intake of a certain supplement or product is adverse or not.

All in all, one must take note that sports nutrition is no joke and that proper education is really essential. It involves the entire body and may significantly cause negative effects if not properly administered and controlled.

Health is greatly dependent thus, one should indeed be cautious. Sports is generally positive and healthy but at times, it is coupled with improper nutrition that significantly depletes its

favorable effects. Awareness and a clear understanding of the field and of one's body should be a prerequisite.

Sports Nutrition Education

As people realize that there is a dearth of information in the world to study, the study of the world becomes more specialized in order for information to be manageably processed for particular purposes. The study of medicine, for example, brought forth a specialization in sports medicine. The study of sports and also of nutrition was further compartmentalized into sports nutrition.

Sports nutrition as a higher education course has been attracting interest among younger generations. As the world population turns to sports for physical health as well as entertainment, sports nutrition attracts a lot of attention and revenues and people specializing in increasing sports performance are very much in demand.

Sports Nutrition education focuses on understanding how the body functions during exercise and sport. Maximizing athletic potential and minimizing health risks associated with sporting activity are two of the main topics of study in Sports Nutrition Education.

Students of this course will consider the role of exercise in healthy lifestyles, and in the treatment of various diseases, with emphasis on interaction between nutrition (diet) and physical performance.

Sports Nutrition education also provides the scientific background, specific knowledge and skills to address concepts and controversies relating to sports nutrition, sports physiology and to explore the links between nutrition, physiology, performance and health outcomes through the life cycle.

Sports nutrition education integrates principles of nutrition and exercise physiology and application to exercising individuals. Common topics for discussion include energy expenditure, fuel substrate metabolism, specific nutrient needs, ergogenic aids, hydration, and weight issues for exercising individuals and athletes.

In personal sports and fitness training, for example, the optimum way to get the most out of their workouts and feel their best is by designing an energizing, performance-enhancing nutrition plan, tailored specific needs of their bodies.

Sport Nutrition education includes learning how to enhance clients' workouts and maximize their results with proper nutrition, safe and effective sports supplements, and beneficial vitamins and minerals.

This is a sample module from a university that offers Sports Nutrition in the collegiate level:

Level 1

Studies include an introduction to learning and assessment in higher education and the wider context of your subject.

- Basic Sports Science
- Science for Sport
- Human Physiology
- Data Analysis
- Introduction to Nutrition
- Professional Studies
- Functional Anatomy

Level 2

This level addresses issues related to hire-ability and professional practice.

- Exercise Physiology I
- Nutritional Physiology and Biochemistry I
- Human Nutrition
- Research Methods
- Nutritional Physiology and Biochemistry II
- Biomechanics, Sport Psychology, Physical Performance Assessment

Level 3

Level 3 further develops your skills in independent problem identification and analysis.

- Exercise Physiology II
- Applied and Environmental Physiology
- Energy Metabolism
- Muscle Structure and Function
- Sensory and Motor Physiology
- Sports Nutrition

In practical terms, students of sports nutrition education learn:

- How nutrients are taken in and how foods are digested and metabolized to provide necessary energy to fuel muscular activity.
- Dietary patterns that maximize performance and prevent disease.
- Research advancements in ergogenic aids.
- Supplementation and the pros and cons of popular diet techniques.
- Sample eating plans showing how to fuel for specific workouts.
- How to distinguish among food, diet, and supplement options and understand which are best and why.
- How to overcome food and weight obsessions.
- How to lose undesired body fat while maintaining energy for exercise.

- Strategies to boost energy, reduce stress, control weight, improve health & enhance workouts.

Employment opportunities

While enrolled in a Sports Nutrition Education program, it is still possible to have relevant employment. Work placement can also be advantageous as it also provides you with the benefits of industry experience.

The degree is excellent preparation for anyone planning a career in the sports and fitness industries such as corporate health and fitness. The program is also good for those particularly considering a specialization in the nutritional aspects of performance enhancement.

The graduate of this course can penetrate family and community services, local or state government agencies, hospitals, rehabilitation clinics, institutes of sports, universities and colleges and also personal training. However, the graduate of Sport Nutrition is not qualified to be a dietitian.

Sports Nutrition education also provides a systematic, general, scientific training suitable for a wide assortment of careers. Many students also continue onto a PGCE or Masters course in a related area.

Optimum Sports Nutrition

Majority of athletes and health buffs are very much concerned about sports nutrition and they want to make it as optimum as possible, which is just right. Sports and other physical activities can indeed be quite strenuous and stressful for the body.

If not backed up by proper nutrition, these activities will adversely affect the entire body. Thus, it is just best to always aim for an optimum sports nutrition.

There is not one standard that will clearly identify what an optimum sports nutrition is. Yes, there are several products in the market that are literally labeled as such but they cannot automatically guarantee best results.

This is mainly because the results are not purely dependent on the product itself. Instead, great consideration must also be given on the condition of one's body. Only after identifying the body's current status will one be able to know what sports nutrition is optimum.

The basics, though, of a sports nutrition that is optimum lie on three major aspects.

First, there has to be an intake of enough liquid, which may or may not contain additional components that are equally beneficial. Second, a suitable diet must provide the body with appropriate nutrients. Third, certain supplements and vitamins must come hand in hand with the first two to further boost their impact on the body. Everything must then spring from these three fundamental requirements.

Indeed, an optimum sports nutrition for one person may not be considered similarly by another. This is primarily because every person has unique needs and goals, and is in unique circumstances. These should be considered carefully at the very start.

The nutrients that are usually beneficial for any athlete are carbohydrates and protein. These two play a major role in making the body cope with the extreme stress that comes with the activities. They also boost one's immune system. Most of the time, these are included in sports drinks. Also, the foods that athletes eat are usually rich in these.

Generally, a physician is the best person to tell what the optimum sports nutrition is for a certain person. This is so because he has a broad understanding of the functions of the human body and its reaction to environmental stimulators.

However, one must also take into consideration that a significant part of a physician's diagnosis or recommendation depends on what one tells him, as not everything is observable. Providing him with one's activity plans will indeed help a lot.

Moreover, mere identification of the optimum sports nutrition is not enough as religious adherence to it is what creates a significant effect. One must commit himself to it no matter what. It has to be in constant partnership with one's physical efforts.

An irregular nutrition program is not at all beneficial and may even cause adverse effects since the body is getting confused with the nutrients that sometimes do come in the body and at times do not.

This is also one of the reasons why one is discouraged to start with it if the motivation is mainly just peer or societal pressure.

In such cases, more often than not, the nutrition program is not sustained and is just put to waste no matter how optimum it was supposed to be. There has to be a better motivation other than mere imitation of other people.

Sports nutrition must be optimum in any case. This is what every person engaging in such should aim for at all times. The body is at stake so there must not be a room for compromises. The best should remain one's target no matter what.

9 Reasons Why You Should Use Optimum Sports Nutrition

Sports nutrition plays a central role in any exercise regimen. Even if you're born with natural physical prowess, this won't sustain you in your workouts. A diet with enough nutrition will not only help you during exercise but will stimulate the feeling well-being, inspiring you to continue with your regimen.

1. During workout, your body undergoes a tremendous activity unmatched by any man-made machine. It is during this exercise that your manifest the genius of its design. But it comes with

a great price. Your body uses all of the strength it can use, depleting in the process the energy reserves in your body. This is the reason why you need optimum sports nutrition.

2. The harder you exercise, the faster the reserve energy depletion is. It follows that during this heavy physical activity, you will be exhausted tremendously. Worst, you wouldn't have enough reserve energy to sustain you during the exercise. If you are using optimum sports nutrition, your body will sustain itself, and will help to stabilize the sugar level in your body to help it recover faster after the exercise.

3. Hours after a workout, it is natural to feel a lingering fatigue, particularly if you are not taking optimum sports nutrition. This not only slows your muscles' recovery but also will affect you psychologically. When this happens, your entire body is affected, whose care is the very reason why you're into sports in the first place.

4. Optimum sports nutrition was designed and formulated specifically to suit your need before and during the workout. Optimum sports nutrition, aside from giving you sustenance during the workout, will also give you "extra" nutrients left for you to work with as the body heals itself.

But why engage in heavy workout and optimum sports nutrition in the first place? Because your body will "learn" from this activities, boosting your immune system in the process. Optimum sports nutrition also means optimal capacity for your body to heal itself faster, bringing your body into next level higher each time.

5. Optimum sports nutrition contains complex and simple carbohydrates blended into maximum amount to give an exhaustible nutrients source. This perfect blend carbs will help your body utilize energy without depleting your reserve energy necessary for recovery. Many commercial sports nutrition uses calories for their formula using simple carbohydrates that easily results in unstable flow of blood sugar in your body.

If the sugar content in your blood is at the optimal level, oxygen consumption assured, helping your body to sustain during intense exercise. Oxygen consumption also helps in preserving the tissues, which need doubled amount of oxygen during your regimen

Optimum sports nutrition after exercise

6. Optimal recovery is just as important as optimum energy during exercise. Your fast and efficient recovery will help your body to heal faster and prepare itself for the next schedule. This is where optimum sports nutrition comes in after your exercise.

7. After the heavy regimen, your body will automatically use all available energy it can utilize. A nutritional supplement high in quality protein is important to give your body the raw materials for muscle growth and repair.

8. Remember the early Greek athletes? They usually consume large quantities of meat after every contest in sports. They already knew by then, that something in the meat helps the body to recover after the unbelievably hard exercise. This importance of the protein is not lost to our modern day bodybuilders. It is not lost to them that protein goes a long way in maintaining health during and after intense exercise.

This is also the right time to do away with what some sports "experts" today proposes that high protein content in your sports nutrition will harm you. If protein did not harm the early Greeks, so are you.

9. Last is the quality. Optimum sports nutrition gives you the highest in quality standards, against commercially available nutrition sports. This is your last safeguard against consuming substandard sports nutrition products, which will put your training in jeopardy. This will also help you to realize that quality is more important than taste. Don't look for ice-cream tasting sports nutrients because taste is a matter of practice, just like your exercise regimen.

Journals Related to Sports Nutrition

As sports nutrition is becoming more and more an interesting and in-demand field in scientific study, venues to expose and encourage developments have been established. There are several journals related to sports nutrition. The following are some examples:

International Journal of Sport Nutrition & Exercise Metabolism

IJSNEM offers information on sports nutrition and exercise metabolism by publishing original scientific investigations, scholarly reviews and articles, which focus on the application of the principles of biochemistry, physiology, and nutrition to sport and exercise.

Although sport nutrition today is a distinct academic and applied field of work, it receives input from and makes contributions to fields like nutrition, physiology, biochemistry, psychology, clinical medicine, and the sport and exercise sciences.

These perspectives are welcomed and encouraged in the International Journal of Sport Nutrition and Exercise Metabolism (IJSNEM). The journal now serves as a forum for the publication of scholarly and applied work regarding the nutritional, biochemical, and molecular aspects of exercise science.

Original researches with human subjects are given top priority in IJSNEM but relevant researches with experimental animals are also submitted. Case studies showing systematic, rather than casual observation conducted with appropriate instrumentation will be accepted. Articles with clinical application are also included. Aside from these, editorials, digests of related articles from other fields, research notes, and reviews of books, videos, and other media releases are offered in the journal.

International Journal of Sports Physiology and Performance

IJSPP is an international peer-reviewed journal focused on sports physiology and performance. It aims to advance the knowledge of sport and exercise physiologists, sports-performance researchers, and other sports scientists by examining and publishing practical and research aspects of sports physiology and sports performance.

Articles in sport physiology and related disciplines that have connections with enhancing sport performance, preventing decrements in performance, or enhancing recovery of athletes are featured in IJSP. The journal publishes original research reports, invited reviews, commentaries, technical reports, case studies. There is also an editorial section.

Usual topics in IJSP include team sports, individual sports, performance aspects of environmental physiology, applied sports nutrition, strength and conditioning, biomedical science, and applications of sport technology. Readership include sport scientists, sport physicians, coaches, academic researchers, students, and related professionals.

Controlled experimental and observational researches as long as they are comprehensive or systematic and appropriate standards of scientific methodology and analysis are met are welcome.

Motor Control (MC)

Motor Control is an international journal has been created for information exchange on the control of human movement through a lifespan. The journal provides reports to keep readers abreast of current developments in the field of motor control as well as motor disorders.

MC publishes various types of research papers: clinical experimental, modeling and theoretical studies. Varied disciplines complement each other in this publication: biomechanics, kinesiology, neurophysiology, neuroscience, psychology, physical medicine, and rehabilitation. Aside from research papers, review articles, quick communications, commentaries, target articles, and book reviews are also featured.

Contribution to the understanding of movement control should be clearly demonstrated in an article for it to be published.

Quest

Each issue of Quest examines critical issues facing physical educators in secondary schools and research developments in the sport sciences and other sub-disciplines of human movement. Theoretical explorations to applied studies in this journal synthesize research to help advance the field of physical activity.

Quest does not publish original research reports on professional development of physical education but welcomes articles that are based on, complement, or review empirical research related to it. Quest considers both theoretical and practical articles. Readers includes academicians, teachers, and administrators

The Journal of Applied biomechanics

(JAB) is a quarterly journal dedicated to the study of human biomechanics in sport, exercise, and rehabilitation. The reader will find research articles, clinical studies, and other pertinent information highlighting current advances in biomechanics in each issue.

The effect and control of forces that act on and are produced by the human body are highlighted in JAB. Studies related to modeling and human movement simulation and to the effects of internal and external forces like nutrition on body structures during skill development and rehabilitation are also appropriate.

Original research reports, invited review papers, and "target" articles on selected current issues in the field are published. Jab also contains book reviews, technical notes, an editorial section, and other special features.

The Sports Nutrition Industry: Keywords to Success

Every developed and developing country is teeming today with manufacturers and distributors of nutraceutical products that cater to professional sportsmen and women and sport-minded ones alike. Health products of every type, size and taste are everywhere. Today, the nutraceutical industry is estimated to be worth \$80 billion (U.S.) Just what are the factors of success in this highly competitive field of sports nutrition industry?

The biggest sports nutrition players have come up with keywords to success:

Keyword: Research

Company efforts to advance the field of supplement products for sports nutrition are the backbone of any industry. By supporting clinical research and trying to foster a relationship with science advisory boards, the field of sports nutrition has advanced. Eventually, consumers are able to receive innovative, scientifically-based, safe and effective products.

Advisory boards have funded research projects on nutrition and sports performance including research on creatine, HMB, CLA and glutamine among others. Research grants are also provided to young scientists early in their careers.

Large-scale sports nutrition industries commit over \$500,000 every year to independent analytical analysis to ensure that sports nutrition products meet specifications. Investigations are also warranted. There should be rigorous vendor certification or re-certification auditing program that helps companies adhere to industry quality standards.

Keyword: Innovation

New products and technologies should be developed to provide the best quality on existing products.

Consumers have a preoccupation of trying out something "new." There should always be innovation whether it means new forms of delivery (gels, effervescent tablets, functional beverages) or new applications of or combinations with existing products.

Keyword: Price

For Sports Nutrition consumers, price is still everything. In the U.S. for example, even though people were getting laid off and the economy has been unstable after 9/11 people still wanted to work out and stay healthy. This coupled with higher oil prices has lead people to look for deals and good prices.

Products must be extremely competitively. Sport Nutrition giants for example rely on increased sales volume in exchange of lesser profit margins on each product sold.

Quality, certification and taste matter but in the final analysis, consumer want good deals on great products.

Keyword: Variety

What should retailers do to become their customers' first choice for sports nutrition products? Carry a variety of lines that will offer clients with options in supplements.

Retailers often opt not to sports supplements when they carried only one line or one brand. Sports nutrition customers are varied and are everywhere. There are more women as well as men buying supplements and at different ages and varied income brackets. Retail stores should therefore be able to offer a selection products or else buyers will look elsewhere, like the internet or shop somewhere other than these local vitamin stores or pharmacies.

Keyword: Safe

There are regulatory agencies to protect consumers. Sports nutrition companies should engage in top of the line research and development and prove the efficacy and safety of their nutraceutical products. Products that are based on false or misleading marketing should be and are banned and condemned.

It is thus the responsibility of manufacturers and marketers to provide sports nutrition products that are safe, effective, easily used, and completely understood by both retailers and consumers.

Today, natural product retailers can provide consumers safe alternatives to potentially harmful chemical stimulants (fenfluramine, dexfenfluramine), fat-chelating agents, cosmetic surgery, and a life of inactivity or painful exercise Natural, science-based exercise nutrition products that promote energy, fitness, and weight loss are now available.

Keyword: Information

Consumers are becoming more and more intelligent. They rely on scientific and hard facts rather than recommendations and endorsements from celebrities and sports personalities. Aside from vigorous research, sports nutrition companies should invest in a sound information dissemination and product communication strategy to stay ahead of the game.

Product information should be detailed but fairly understandable. Also, information should be readily available on product packets, posters, print and TV advertisements and the internet. Consumers can believe only what manufacturers communicate well.

Everything focuses around education for the consumer ó an educated consumer is the industry's best friend.

These principles helped sports nutrition companies boost the industry as a whole. If remembered and adhered to, these keywords will spur more gains in the industry as large portions of the world's population now put priority to fitness and health.

Sports Nutrition and Exercise in The Ancient Times

Believe it or not, sports nutrition and exercise have been part of man's life and his culture since the earliest time. Of course, sports during this time was known as athletics. Earliest forms of athletics, however, were part of man's basic need for survival, either to gather food or protect his family from physical harm.

To a simple cave man who knows nothing about martial arts, a sturdy bone from his last dinner may serve as a weapon against wild animals. This bone remnant, coupled with some sharpened stone chips from his cave, is used for hunting. Eventually, his regular hunting activities had developed into some form of physical acts, without so much need to hunt.

Athletics was thus born. Athletics eventually developed into a contest of strength, speed, and other skills. Sports would later developed out of this, with the simple contest developing into a more complicated form of physical activity, and with it the need for sustenance, completing the equation of sports nutrition and exercise.

But even during the earliest time, athletics or sports was never a monopoly of the male sex. In the Heraen Games for instance, women raced in honor of the goddess Hera. The Egyptians had their acrobatic gymnastics for their temple related activities. And, of course, the sports dance had evolved from religious related dance performed in every major temple in antiquity.

To the early Greeks however, belongs the honor of elevating the sports into an art form. The Olympic Games is the strongest argument for this. Also, the Greeks, apparently knows that sports nutrition and exercise are two important factors in any physical exercise. Even during this time, the Greeks had special set of foods for their athletes.

Nutrition patterns of the early Greeks

In the Mediterranean world, Greeks particularly, goats is the most common source of meat, and occasionally, beef from sacrificed cattle. Just like in the modern day, milk was also considered as a must for a good meal, especially for the athletes. Sports nutrition and exercise among the early Greeks meant also the inclusion of other source of protein, fish for instance, which the seas of Mediterranean is known for in the ancient times. Poultry was also part of the early Greeks' diet.

Vegetables and carbohydrates were also considered as important element of sports nutrition and exercise among the ancient people. Even among the soldiers of the Roman Empire, a balance diet is important to maintain their strength, both in the battlefield and during exercise.

Alexander the Great was known to have discovered the nutritional value of onions that from Egypt, he brought some specimens and had these planted and later cultivated in other parts of his empire. The Romans, just like the Greeks, used cabbage not only as food, but also as antidote for their drunken soldiers. Beets, turnips, artichokes, and radishes also form the long list of edible vegetables cultivated and used during this period.

The ancient athlete's diet

Just like today's coaches, trainers during the ancient times occupied an exalted place among their people, and also among the athletes themselves. They not only provide exercise regimen for their athletes but also directly involve in the preparation of foods for their charges. Sports nutrition and exercise apparently, is a concept not lost to the early coaches and athletes.

From the foods that consisted the regular diet of the ancient athletes, such as cheese, figs, and meal cakes, the attempt of the ancient trainers to developed special meal for their athletes were apparent.

Though meat was not consumed in large quantities by the athletes during originally, it was observed later that athletes who are given regular dosage of meat for protein source, had more long lasting strength. It was in the fifth century BC, when meat became a craze among the ancient athletes.

During this time, Slyphalos, an Olympic champion in the in the long-distance race, introduced the meat diet to help athletes in their exercises. It was the earliest attempt of a professional athlete to come up with a systematized sports nutrition and exercise. Milo of Croton, won five Olympic awards from 536 to 520 B.C., was reputed to have consumed 9 kilogram of meat during his training period.

Want That Great Physique? Read a Sports Nutrition Article

Lots of people dream of becoming world-class athletes. They know that becoming one takes lots of patience and training that can test one's physical and emotional limits to the outmost. Since the business of sports has become more and more lucrative, the concept of sports nutrition has grown into Herculean proportions.

It is a good thing then that those resources such as sports nutrition articles have proliferated in cyberspace. It gives people endless amount of information on how to make their bodies fit for competition.

Here are the summaries of some several of the sports nutrition articles that can give Internet researchers gems of information on athletic fitness.

From one of the most authoritative web sites on anything under the sun, About.com, columnist Elizabeth Quinn talks about the importance of when people should take their meals.

Citing a press release from the IDEA Health & Fitness Association, the article states that the timing and duration of one's eating is as important as the content of the food itself. This holds true especially for athletes. A recent research indicates that the kind of food athletes consume prior, after and during the course of the training matters a lot when it comes to recovery and general athletic performance.

The experts from IDEA shared some key information regarding the subject, such as:

- To enhance performance, nutrients should be ingested in ideal combinations in the most optimal frequencies. This also aids in improving the integrity of one's muscles.

- The right timing in mixing protein and carbohydrates will result in the improvement of workouts and training.

- Obesity can be fought off by taking increased amounts of dietary calcium everyday.

- One should know the difference between good and bad carbohydrates in order to survive the latest low-carbohydrate diet trends.

Another sports nutrition article coming from the web site Rob's Home of Sports, Diet and Nutrition, puts emphasis on the kind of foods necessary in order for the body to bulk up. According to dietician Clare Wood, there are three essential requirements for gaining muscles.

- Potential of one's genes, which can be usually seen from the body structure of one's parents.

- An exercise program that focuses mainly on building strength.

- A diet that provides the body a high amount of energy.

Bulking up can be achieved by adding the amount of one's total energy intake. This will help in providing the body extra carbs needed to energize training.

Increasing the amount of food that one eats can be a difficult task, but here are some tips to go about it:

- Come up with an organized eating plan and make sure to stick with it. The plan should include the kind of foods that should be eaten and the time they should be consumed.

- The frequency of meals per day should be increased, as opposed to increasing the size of the meals. Ideally, one should take 5-6 meals daily, which includes snacks.

Athletes should be immensely responsible regarding the amount of food that they eat and how to properly maintain their physique. For those striving to achieve a fit body and emulate their strict fitness regimen, sports nutrition articles, such as these, can be easily found on the web.

You are invited to pass this report along to as many people as you like, provided that you make no changes to it and that you give it away for FREE.

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