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Who Needs Sports Nutrition? The Athletes that Need It The Most

All About Endurance Sports Nutrition

Endurance sports nutrition gives you nutrition advice that is just jam-packed with very useful details. With sets of customized eating plans specifically pertaining to sports it is ensured that the food that you choose will keep you going on before, during and after various competitions.

A remarkable and very well-known author, Suzanne Girard Eberle, MS, RD, is a registered dietician who has her specialty in sports nutrition. She also admits that she knows much about endurance sports nutrition because she, herself, is an elite endurance athlete. So she can tell you how endurance sports nutrition works, or what is not supposed to be done regarding endurance sports nutrition, in actual training and situations that involve racing.

The resource that is said to be the most comprehensive of its kind, is the aforementioned book that the said endurance athlete, slash dietician, wrote. It includes tried and true advice and suggestions from different endurance athletes who are at the top of their sports.

But if you would really like to know from the best persons to talk to when it comes to endurance sports nutrition, there are various websites that you could log on to be able to contact, or if not contact, at least ask a few questions to world-class athletes.

You talk to Karen Smyers's, a triathlete, about endurance sports nutrition. She is a triathlete, so she knows things about endurance more than others do.

Another is the marathon runner Keith Brantly. Running is not as easy as it sounds, but running is, in fact, the easy part. It is the enduring the pain that grows in your legs that is not.

You can also try to have your questions answered by the world-known marathon swimmer Tobie Smith. Endurance sports nutrition in swimming is very difficult because there are two kinds of pressures that you face, pressure under the water and atmospheric pressure.

And last, but certainly not least, is the cyclist Kerry Ryan. It is almost the same as running, with the movement of the legs and the endurance of the pain that grow in your legs.

However, you have to be a master of balance to be able to pull cycling off. All of these world-class athletes will happily and obligingly share their knowledge, and with absolute right because of their many years of training and competing against the world's best.

There are many kinds of sports where endurance sports nutrition can help you maximize your performance. Endurance sports nutrition can help you a great deal in running. As mentioned above, running is the easy part, it is enduring the pain that is constantly present in your lower extremities that you need to endure.

In triathlons, you have to take note of enduring three stages of sports. So endurance sports nutrition is definitely handy if you want to be able to move on to the next stage and not faint in one of the first stages.

The endurance in swimming is not like any other. Why? It is because, like told before, there are two kinds of pressure that you need to think about. There is, first, the pressure that you experience under the water, plus the atmospheric pressure. So whether you put your face under water or you turn your head out of the water to breathe in some air, the cramps and the pain caused by the pressure could be endured.

In rowing, it is all about upper body strength. Yes, it also involves coordination with your teammates and most of all mind and arm coordination, but if you are weak with your upper body, then rowing is not the thing for you. Your hands will probably suffer bruises from your firm grips on the oars, but your arms are the ones that should have high endurance. Endurance sports nutrition can definitely help you survive the boat ride.

Cycling, like mentioned, is not that much different from running. Your legs also experience the most pain, and you have to endure the pain that is constant in your lower extremities. But this time, there is also the balance to think of. And for those who have a hard time balancing, enduring cycling is very hard. So this is where endurance sports nutrition comes in.

Endurance sports nutrition can definitely make you a better athlete, if you cannot endure whatever it is that you are doing, how can you perform well? So if you are thinking that sports is all about performance, you are wrong. Without endurance, you can never perform a certain sport well.

Endurance Sports Nutrition: Keeping Yourself Hydrated And Fueled

What keeps a triathlon athlete going in spite of the heat and long hours of vigorous physical activity is a properly hydrated and fueled body. In endurance sports, nutrition is equivalent to keeping oneself hydrated at all times, especially during the game. If you don't give yourself the proper nutrition it needs, your game performance will suffer.

Sports that require special attention to endurance nutrition (and thus help you level up your performance) are: running, swimming, triathlon, cycling, rowing, mountain biking, adventure racing, cross-country skiing, mountaineering and trekking.

Let us say that you have prepared yourself for an endurance sport. Your nutrition focuses on giving you enough fuel to last you a day of vigorous physical activity. You eat foods rich in protein to keep your muscles fit for the game and carbohydrates to give you enough energy and fuel your muscles to run fast, steady, and consistently. What else can you do to perform much better in endurance sports?

Here are some endurance sports nutrition suggested by athletes and trainers:

Endurance Sports Nutrition Tip: Hydrate Yourself

1. Start the day with a full tank of water.

Athletes don't eat during a game. But they do drink water. Studies show, of which common people now know, that humans can last a month without eating but will die immediately without water for 3 days to one week. That is how important water is to our body.

Many people die of diarrhea because of dehydration. Hydration is an important nutrition component to humans, most especially to athletes involved in endurance sports. So the endurance sports nutrition tip from athletes and trainers: drink lots of water before the game.

Hydration is the key to winning endurance sports competition. And drinking water before the game starts puts you in a great headstart.

2. Hydrate yourself regularly during the game.

Drink often during the game. Most endurance sports nutrition guide books will tell you the same thing. Athletes in endurance sports sweat off two quarts of water per hour especially in hot and humid weather. So, you must drink at least four up to eight ounces of water every fifteen to twenty minutes. Sports drink may also replace water.

Here's some tip that endurance sports nutrition guide books may not have told you: to know when it is time to gulp on your water or sports drink bottle, set your timer to alarm every 15 or 20 minutes within 24 hours.

Freeze your drinking bottles and then pack them up in insulated foams to keep it cool. Even if you don't sweat still do gulp down the liquid in your drinking bottle. You may not know it and may not notice it but you may have sweat more than you think of.

3. Pack up extra bottles.

Carry more drinking bottles if you can. Don't be afraid to look like a camel with extra hump at your back. You need all those liquids in your endurance sport. It will keep you going and in shape.

Besides, you will drain these drinking bottles one at a time every 15 or 20 minutes. At that rate, you may not even know that your endurance sports drinks have been drained down your esophageal pipes.

Endurance sport nutrition question: Water or sports drink?

In endurance sports nutrition, it has debated whether water or sports drink should be consumed by an athlete competing in endurance sports.

Researches have shown that endurance sports athletes (competing under the sweltering heat of the sun) who were provided with water as a means of hydrating themselves replace only one and half to two thirds of fluid loss, while those who were given with sports drink have shown hydration nearly to a hundred percent.

The reason for this is that sports drink contains electrolytes (sodium, potassium and magnesium) which help retain fluid in the body and balance the presence of these minerals that are vital in normal bodily function.

We lose electrolytes when we sweat. Dizziness, muscle cramps, extreme exhaustion, and irregular heartbeat are the symptoms of electrolytes loss in the body.

According to endurance nutrition experts, many athletes lose endurance due to low level of electrolytes. In fact, according to endurance sports nutrition magazines, some athletes even die due to electrolytes loss.

Extreme Sports Nutrition for the Motorcycle Rider

The subject of sports nutrition has become unquestionably important nowadays now that the whole concept of sports has become evolved and has been receiving immense media attention. Athletes and spectators alike are now comprehending the weight of the status that professional sportsmen now carries.

This realization has pushed lots of initiatives to produce the latest and most effective in sports nutrition and training, not excluding those for extreme sports. During the old days, athletes have relied steadily on the carefree formula of fast food fare and energy drinks.

Now that competition is growing more and more intense each day, athletes are now acquiring the expertise of sports science experts to make sure that they can maximize their physical and mental potentials to its outmost limits.

To have a better understanding of the efficacy and significance of extreme sports nutrition, one can look at the training regimen in motorcycle sports, one of the most popular extreme sports around.

A motorcycle rider takes in a lot of punishment in his body. Because of this, a rider must consider his overall physical fitness as much as his technical skills in competitions. He needs to establish hydration and stamina in his physique in order to keep up with the rigors of the motorcycle events.

It is not really easy to survive, let alone win, in a 20-30 minute contest under the most brutal of conditions such as extreme heat. It IS one of the most difficult factors that should be overcome in any kind of sport.

If one would monitor the vital signs the athletes during these contests, one could easily see that their heart rates are performing at the most maximum level.

Sports nutrition is a major concern for motorcycling, since this sport involves competing in adverse surroundings under very extreme temperatures. Thermoregulation and hydration naturally are vital concerns.

Riders are faced with almost no time to hydrate themselves because an typical motorcycle event lasts about only 20-45 minutes. It is very important then that motorcycle riders monitor their consumption of fluids closely days before the competition, paying close attention to those days when practices are held up to the qualifying rounds during the weekend before the main event.

Days before the competition itself, riders must take fluid, especially water, consistently in order to achieve and maintain a steady hydration level prior to the main event.

Aside from water, sports drinks must come in handy and must be ready in stock all throughout the race weekend. Sports drinks with electrolytes like sodium and with carbohydrates are particularly recommended. Carbohydrates will aid greatly in putting off the occurrence of a rider's fatigue.

The amount of sodium present in the drinks is a very important element for the regimen. Sports drinks with high amounts of sodium can give back the sodium that will be lost with the rider's sweat during the competition. Also, the sodium will enhance the thirst of the body in order to make the cyclist drink more water during the course of the competition.

Motorcycle riders involved in heavy competition to strive to consume 20-40 ounces of liquid every hour during his time at the racetrack and must continue drinking about 20 ounces per hour after the track session. To effectively monitor hydration levels of a rider, he can weigh himself on the scales every morning and do so again after every session.

Two percent of the total body weight, and not more than that, should be eliminated, and it must be replaced with 150 percent of the water reduced on that day in order to achieve maximum performance for tomorrow's session.

The human body is composed of up to sixty percent with water. A slight decrease in fluids can already have an effect on an athlete's performance, specifically on the force capability of the muscles.

When the stamina and hydration levels is very well taken-care off, one can prudence a powerful motocross champion who can manipulate and maneuver his bike at very high levels at the most stressful of situations.

So its extremely important that people, especially athletes, should not overlook the importance of drinking water and other fluids. This is very vital when it comes to competitions. It can be the factor that can make or break a rider's road to victory.

The Feminine Side of Sports Nutrition

Women have an entirely different body system compared to males. That is why you, assuming you are a woman with interest in sports, nutritional needs are different too. And like men, women are also capable of involving themselves in sports.

Sports nutrition for women is also different. Women involved in sports and regular exercise have some special nutritional needs. Although the basic principles of sports nutrition for you and men are similar, you, and the other women, involved in regular sports activities do have some increased needs for certain nutrients.

This is because you are prone and at risk of dietary deficiencies. This does not mean to say that men are completely immune, only that since women have ongoing cycles inside their body, it is highly imperative for them to keep nutrients up to be able to prevent disorders.

The key nutritional issues in sports nutrition for women include calcium and iron. Weight control and eating disorders are also concerns of sports nutrition for women. You need these nutrients for their body to perform properly.

There still has been no scientific explanation for this, but it is in truth that women are very conscious of weight. So having a normal weight will give you a healthy psychological system.

Calcium is a mineral that plays an essential role in growth. In sports, muscle and mind coordination is important. It also helps in muscle contraction and transmission of nerve impulses.

Another area where it is very helpful is in the development and maintenance of strong bones. It will really play a big part in the sports nutrition for women.

Having adequate amounts of calcium during your childhood and adolescence is important for developing an optimal peak in bone mass by your mid twenty's to your early thirty's. This will then help you reduce your risk of acquiring osteoporosis or the thinning of your bones.

Some women who are into sports are at risk of inadequate calcium intake, while some are at risk of early osteoporosis due to the absence of appropriate amount of calcium, or an irregularity of their menstrual cycle. So conclusively, sports nutrition for women should have higher intakes of calcium.

There is a list of recommended dietary intakes of calcium for sports women according to their ages. For girls with ages twelve to fifteen, they must have at least one thousand milligrams of calcium per day. For teenagers with ages sixteen to eighteen, on the other hand, should have a normal calcium intake per day, which is eight hundred milligrams. For women who are having their menstrual periods, they should also take eight hundred milligrams of calcium a day.

Post-menopausal women should have at least one thousand milligrams per day of calcium, while women who are pregnant and who are also breastfeeding should have one thousand two hundred milligrams per day.

And, not to be the least, sportswomen who have an absent or an irregular menstrual cycle, they should have at least one thousand to one thousand five hundred milligrams in a day. It is detrimental for women to meet their required calcium intake for normal functioning.

The mineral iron is used in forming hemoglobin, which is essential in holding the oxygen in the blood as they are being transported to various parts of the body. It is also an essential nutrient for energy production and immunity.

Athletes are more prone to iron deficiencies than anyone else in the world. Women are at a bigger risk because they continually lose blood as they undergo the cyclical process of menstruation. Plus, strenuous exercises contribute to the loss of iron through the destruction of red blood cells. Inadequate iron intake is associated with reduced athletic performance. Sports nutrition for women require iron in big amounts.

Keeping your body's fat levels low is the aim of many female athletes. Excess fats may be detrimental to performance. However, less fat or no fat at all compromises the energy level of a female athlete. Low energy also affects your performance, so it is really important that you keep the nutrients in your body and follow sports nutrition for women for a performance of a superstar that you have long been searching to experience.

The Best Sports Nutrition A Day Or Hours Before An Endurance Sports Competition

What is the best sports nutrition for an athlete? There is no definitive answer to this. No athlete has the same need. It all depends on the physique of an athlete and the kind of sports that he or she is into.

So, if you are contemplating on joining an endurance sports competition, the best sports nutrition for you is the nutritional table fit for an athlete that expects long hours of vigorous physical activity and mental alertness even when tired.

Endurance sports test the physical and mental fortitude of an athlete; if you are not well fed for this kind of competition, it would be better for you if you would back off from the competition.

Best Sports Nutrition for Endurance Sports Athletes

- Best sports nutrition a day before the event

Do not overwork yourself on the day before the event. It would be wise if you would only do stretching and a few kilometers of jogging, eat protein rich food, hydrate yourself (a lot!) and rest for the rest of the evening because you need to get up early, as early as four hours before the game.

The best sports nutrition in endurance sports is hydration. You should be hydrating yourself even a week before the game. This is to keep your body cleansed, fueled and watered for the coming event.

If you only hydrate yourself on the day of the event, you won't hold too much water. Most of the liquid that you intake will only seep out through sweat. So, if you want to go to the game in full tank, drink lots of water beforehand.

Another best sports nutrition tip that you must learn by heart is to eat food rich in protein, to keep your muscles in shape, and carbohydrates so that your glycogen stores would be at their best. You can hydrate yourself well with sports drink that contains minerals to balance your electrolytes level.

- Best sports nutrition hours before the event

Eat a meal before you run. This is the best sports nutrition advice that you should keep in mind. You need glucose to keep your blood sugar in normal levels. Glucose fuels the brain and the muscles during an activity.

If you lack glucose in your body, you cannot think properly because your brain does not have enough fuel that it needs. Worse, you might faint even before the race begins of hypoglycemia.

Having enough stores of glucose in your body will keep you alert and going even for long hours of physical activity. So, don't forget to eat a light to moderate meal before you race.

Long hours of running, swimming and bicycling will definitely deplete your glycogen stores in your liver. So, a carbohydrate rich meal will be your best choice of pre-race meal. It can quickly restore your reserves of glycogen in your liver and put the fulcrum back to normal. You can bring with you carbohydrates bar which you can munch while running, and drain it down with water or sports drink.

According to health experts, best sports nutrition tip to get the carbohydrate you need is to eat food that you know won't make your stomach upset. Stress can induce diarrhea. Add up food that your digestive system hates and you will see yourself sitting on the throne while your competitors have started running after hearing the gun fire.

When to eat your pre-race meal? The sports nutrition experts recommend one to four hours before the assembly time and then nibble 50 grams of carbohydrate every hour before the game starts.

Instant oatmeal, bananas, low fat milk and energy bars are good sources of carbohydrates. Always follow a meal with water or sports drink. Never drink soda or caffeinated beverages because they will work of you as diuretics. According to the best sports nutrition magazines in the country, caffeine drains the body of fluid.

Add up salty foods to your meal. Salt will help you retain more water in your body.

American Sports Nutrition

The Americans usually dominate sporting events. They appear bigger, stronger and have longer resistance. They say that the secret is through their hard work and training. But their real secret is their diet that gives them that strong physique.

Their diet and nutritional intake is different compared to us. So what is in this American style of sports nutrition? I will elaborate some of their diet and nutritional technique for you to have more strength and energy as you play your game.

Do you want to enhance your performance and increase lean muscle? Try the creatine that is commonly found in American sports nutrition.

This will give you more energy to work out longer and harder that will help you get maximum results. Creatine can also help you recover quickly. This supplement will work for any athlete who does weight lifting and any other quick burst of activity like sprinting. You may be able to do more before you hit fatigue point.

Your body converts this unique powder into adenosine triphosphate, which is the energy of our cells, and stores it into the mitochondria of each muscle cell giving it reserved energy. Every muscle contraction is fueled by atp, so we can do more because of the stored atp. This can enhance your performance and lean muscle gain.

This product is 100% pure pharmaceutical grade creatine monohydrate. You should at least take 1000 grams per dosage. Creatine does not contain any additive and filters. This chemical is found naturally in many foods so it is practically safe. And it will also not affect hormonal levels.

Whether your goal is for maximum athletic performance, increased lean muscle or prolonged endurance, creatine is the answer for you. It also has cardio protective qualities. Creatine from American sports nutrition is the best way to supplement a healthy diet and active lifestyle.

Another one would be the American sports nutrition whey protein. It is a high quality, lactose free and predigested protein. This nutritional supplement is a great natural source of high potency essential amino acids.

If you want an increase in muscle strength, do it with American whey. The ion-exchanged whey protein in this supplement is the most preferred and bio-available for your body. This means your body can utilize the supplementation of American whey better than other types of protein.

American whey protein is also low on calories, tastes great, and mixes easily with rice, milk and water. It also comes in a variety of delicious flavors.

There are many more diets out there like the American sports nutrition that offers protein as the main component of their nutritional diet. Examples of these are the American whey creamy vanilla extreme, American whey double Dutch chocolate, and the American whey wild berry.

They just differ in the dosage as you take them but practically the same results. Some of them require a lot of quantities for the supplement to work. And it also has to be taken in regularly if possible you should follow the diet everyday.

You may have noticed in the American sports nutrition's that the main nutrient they are focused on are proteins.

So what is in proteins that make it so vital in the nutrition of Americans? Proteins are the main body builder nutrient. Protein focuses on the production of muscle cells. Protein also participates in muscle contraction or the movement of muscles.

If you want to have bigger, leaner and stronger muscles, there should be a massive intake of proteins before and after your training. That is why protein is so important not only to athletes but also to normal people as well. Protein also contributes to the height of a person.

If you want to be as tall as the Americans, you have to have a lot of protein in your diet or at least use the supplements that American sports nutrition offer.

We must remember that it is not about the nutrition we get but it is about how we get it and when we get it. There are optimal times where the nutrients we get will enhance our performance and boost our nutritional level. American sports nutrition targets these optimal times in order for our body to get the most out of it and help us be healthy and build up our muscles.

American Sports Nutrition: Providing Health and Fitness for Everybody

Since more and more people are getting interested in becoming world-class athletes, and the area of sports is one of the most lucrative and popular forms of entertainment and recreation, the study of sports nutrition has developed steadily. Consumable products and instructional materials are being released in the market endlessly in order to help athletes and ordinary people with ample interest in physical fitness achieve their personal goals.

In this respect, American sports nutrition has indeed made very useful discoveries on how to make the human body function to its outmost potential.

Here are some studies and opinions created by some of the most respected health and fitness experts around.

According to a press release from the IDEA Health & Fitness Association, the best kind of nutrition is only based on the type of food one eats, but also, the time that a certain food was consumed. Research states that the food that athletes take in on all stages of a training session, may it be prior, during or afterwards, will make a considerable impact on their athletic prowess and recovery.

The highlights of the press release include:

- The practice of right timing for taking in nutrients also benefits ordinary exercisers, and not only athletes
- The consumption of nutrients in ideal combinations at the most optimal of frequencies will result in the enhancement of athletic performance and the recovery of the body. It also improves the composition and strength of muscles.
- Obesity can be battled by simply upping the amount of calcium that one consumes everyday.
- The right combination of protein and carbohydrates will result in improved workout and training performance.

Another important discovery made in American sports nutrition deals with the possibility of high protein diets to bring about dehydration in most people, even professional sportsmen.

Citing a study from the Federation of American Societies for Experimental Biology, graduate student William Forrest Martin reported on the effect of high protein on five athletes who were made to consume various amounts in the span of four weeks. The researchers stressed that when one takes in high amounts of protein in their body, the amount of fluid intake should also be raised considerably.

Aside from hydration, people who drink less water are prone to catching other health problems, such as heat illnesses. Minimal decrease of water in the body will have a negative effect on certain bodily functions.

The importance and strategies for the recovery of the body after strenuous activity has also been discussed in relation to American sports nutrition.

A good recovery enables one to be well-prepared for the next physical activity. What are the goals in body recovery? they are:

- Replacement of the storage of liver glycogen and muscle in the body.
- Regaining of all those electrolytes and fluids that went down with the sweat.
- Rejuvenation of the body from the damage brought about by exercise.

It is best to consume foods rich in carbohydrates while the body recovers from the activity.

Other tips for quick recovery include:

- Take snacks for within an hour maximum if the next activity is less than 8 hours.
- For people with poor appetite, juice and sports drinks can provide carbs and fluids necessary for recovery.

Recovery, Body Protection and Sports Nutrition

Food gives us energy and fuels physical activity. Not eating enough can cause a drop in energy and endurance levels and, in the world of sports, can lead to painful losses. This is why athletes learn quickly to pack that extra energy bar just in case.

But food is not only good as energy sources to our muscles. They also hold substances that promote our health, boost our immunity to sicknesses, promote tissue repair, protect cells from damage, protect against age-related cognitive decline and increase resistance to cancers, and other illnesses, all of which are important to maintaining good performance and longevity in sports. These protective substances are commonly known as phytochemicals.

Phytochemicals, although not providing any energy, essential vitamins, or minerals, still are an important component of any athlete's sport nutrition. Phytochemicals means "chemicals from plants." Vegetables and fruits therefore are excellent sources.

Color means protection

Colorful vegetables and fruits have high levels of phytochemicals. In most cases, colorful skins of fruits and vegetables have the most concentrated source of protective nutrients.

A U.S. National Cancer Institute program (www.5aday.com) uses color categories, highlighting the protective compounds predominant in each color of fruit or vegetable.

RED

Red fruits maintains heart health, memory function, lowers risk to some cancers, and ensures urinary tract health. Lycopene and anthocyanins are available in red fruits and vegetables. Lycopene reduces the risk of several types of cancer, heart and lung disease. Anthocyanins helps protect against heart disease by preventing blood clots. Both may slow the cell aging process.

ORANGE / YELLOW

Beta-carotene is abundant in orange and yellow substances. It is an antioxidant that helps reduce the risk of cancer and heart disease, maintain eyesight, help boost the immune system, and promote repair of damaged DNA. With Vitamin C, Bioflavonoids, which are also contained in orange and yellow fruits and vegetables, help reduce the risk of cancer, strengthen bones and teeth, heal wounds, keep skin healthy and lower the risk of heart attacks.

BLUE / PURPLE

Anthocyanins and Phenols make up blue and purple fruits and vegetables. Research says they may help reduce your risk of cancer, heart disease, and Alzheimer's and may have anti-aging effects.

GREEN

Green fruits and vegetables are among the best sources of lutein. Lutein helps reduce the risk of cataracts and macular degeneration, which can cause loss of vision. Green vegetables are also rich in sulforaphane, isocyanate and indoles, which hamper the action of carcinogens.

WHITE

Allicin, which are found in garlic, leeks, and onions, helps control blood pressure and cholesterol. It looks like it also increases the body's ability to fight infection. Cauliflower contains sulforaphane, and mushrooms contain selenium. Both are also cancer-fighting.

Because they protect your body from injuries, diseases and untimely aging, colorful vegetables and fruits must be first in mind when buying food to maintain good sports nutrition.

Essentials for fast recovery

Proper recovery is also a main concern in sports nutrition. Sufficient rest and sleep allows the body's systems to recuperate from training stress and makes you stronger and faster. Training gains can be maximized, recovery process speeded up and performance enhanced by correct food and liquid consumption after workout.

Fluid replacement

Timing is everything. After cooling down at the end of each workout, re-hydration should be top priority. Drink enough to replace the fluids you sweated out. It is right after exercise that muscles are most receptive to replenishing glycogen stores.

These times, blood flow is on the increase and muscle membranes are more permeable to glucose and the effects of insulin, which promotes glycogen synthesis. During this "glycogen window" (which lasts up to an hour) muscles replenish glycogen up to three times faster than at other times.

Second carbo-loading

High-carb foods and beverages are best for fast recovery. Including protein with these foods (4:1 ratio of carbs to protein) enhances muscle repair and glycogen replacement.

The amount of food you need depends on the extent of the depletion of glycogen stores. How much food you need depends on the extent that your activity depleted your glycogen stores.

For a minimum of 2 hours of exercise, sports nutrition experts recommend around 1-1.5 grams of carbohydrate per kilogram of body weight within 15 minutes after cessation of exercise and every two hours until your next complete meal. That's around 50-120 grams or 200-480 calories of carbohydrates for most athletes.

Advanced Sports Nutrition for Advanced Athletes

Do you somehow feel that your sports is not enough or it doesn't sustain you in your struggle to reach the next higher step in fitness? Chances are, your instinct is correct. It's about time for advance sports nutrition. But before buying your advanced sports nutrition, there are few things to consider in assessing your readiness.

Level of recovery between games

First, several questions to ask yourself. Can you still feel the results you achieved during your off-season training? Do your muscles still feel as if you're starting all over again whenever you attempt even a warm-up? Is the level of your motivation so diminished that simply stopping your exercise regimen seems to be the most logical thing to do?

If your answers to all of these are affirmative, then we've got a serious situation. Far on the other side, however, is a solution that is very simple. You only need to strengthen your resistance. That means improving your supplement to accommodate the growing need of your body for a stronger supplemental formula. You need advanced sports nutrition as part of your regimen program.

The level of your recovery tells you many things about your preparedness to reach into a higher level of fitness. Your feeling of inadequacy is never a proof of your lacking in physical talent. It is a proof that your current sports nutrition does not providing you enough nutrients for harder regimen.

The natural reaction of your body is to relax when it's getting the same intensity of physical workout. And your body tends to resist exercise that it doesn't have the strength to sustain. The tendency of your mind, naturally, is to think that you can't make it so you've got to stop.

But, in a way, this is positive. Your mind is telling your body to stop and think. Because, really, you have many things to think about. One is changing your supplement into advanced sports nutrition supplements.

Assess the level of your commitment

Okay, so you have enough supply of advanced sports nutrition at your disposal. Is that it? Of course not. You need to remind yourself that being an athlete, particularly if you decide to climb the next higher level of fitness, is a fulltime job. What's the reason why electricity is a simple matter if you're an electrician? Because that's what you do on a daily basis. Your mind reacts automatically to support every work or problem that you encounter, as long as it's a work related situation.

This is the same with your body. You need to constantly work, for your muscles to "remember" what it should remember, that is, supporting your workout. Remember that your muscles only assist you in achieving your goal. Your ability to convince yourself, stay focused on what you want, and maintain a certain level of discipline with regard to your regular exercise regimen is the supplement for your advanced sports nutrition program.

There are interesting studies regarding improvements in exercise performance which correlate with the degree of specific nutrients stored in the muscle after taking particular supplements. This somehow proves that our muscles "remember" and knows how to store the necessary elements for future use, that is, for our next workout. But if it's not properly supplemented, where would it take the nutrients?

It is only natural to be confused on what to eat, which supplemental nutrients to take to allow you to sustain your daily regimen, and to let reach the advance level of fitness.

But, don't worry. These are problems that almost every athlete or sports enthusiast faces. What you need is to look for things that would encourage you to reach the next level of fitness. But after finding the right reason on reaching the next higher level of physical development, your sports supplement should be able to meet your growing requirements.

This higher level of encouragement should be supported by a higher of nutritional supplement. Therefore, you need advanced sports nutrition to sustain you.

If your body does not get the right concentration or nutrients it requires for a higher level of physical exertion, it will revert itself to a hibernation-like refusal to work. And when the body so decides that it can no longer work, no amount of mental discipline will suffice in overriding it.

All in One Sports Nutrition for the Working Athlete

Why are we drawn to sports? It is because we appreciate and take pleasure in witnessing the human spirit in motion. Athletes competing and achieving despite difficulties inspires us all. It is a reality TV show in its best. Sometimes, we can't help asking what sort of "all in one sports nutrition" they are taking.

It's heartwarming to us those ordinary mortals, after years of training and hard work had triumphed against all odds. We know that these athletes had worked hard to develop their physical skills. We can't help but be one in their triumphs and empathize in their defeats.

But surely this privilege is only for the professional athletes who have all the time in the world to engage in sports and sustain this with appropriate nutrition? Not necessarily true.

For people juggling a delicate balance between their busy life and their need for physical health, all in one sports nutrition maybe a heaven sent.

The secret of all in one sports nutrition lies in its ideal balance nutrients, compacted in one package. This will save you so much time in just preparing and consuming different sports nutrition when you're in hurry. This will also save you money since you wouldn't be buying several packs of the sports nutrients with overlapping nutrients contents.

All in one sports nutrition is also scientifically designed to include all the necessary nutrients needed by any athlete, and specially includes you. After long hours of workouts, all in one sports nutrition will work its wonder by giving you sustained energy source. And since this is a

complete sports nutrition, there's no reason to worry about missing one important nutrient during your last meal.

Some sports nutrition claims that having all nutrients in one package is not advisable because there is the tendency that the manufacturer will limit other vital nutrient. This maybe true for others but not with all in one sports nutrition. All in one sports nutrition was formulated exactly to contain the right balance, in the right amount, nutrients needed by athletes and sports enthusiasts, including you.

All in one sports nutrition contains ingredients designed to improve athletic performance. It is also designed to hasten the recovery of muscle fatigue every after exercise. All in one sports nutrition contains the perfect combination of complex and carbohydrates. This combination is at the heart of every successful sports nutrients product for carbohydrates provide sustained energy needed in a sustained exercise.

Balanced carbohydrates content of all in one sports nutrition

Most commercial sports nutrients product derives all of their calorie source from simple carbohydrates. This almost always results in blood sugar swings, making it hard for athletes in general to balance and steadied their movement during training or competition. Slow and steady delivery of calorie during regimen help the muscles not to deplete its supply of blood sugar. This is very critical during your exercise because this depletion can cause too much fatigue. This prevents also gluconeogenesis, a form of muscle cannibalism resorted to by our to produce energy during "emergency" or regimen.

Protein content of all in one sports nutrition

Aside from carbohydrates, nutritional supplement high in quality protein, will you're your muscle's re-growth and repair. Protein is a hard workers nutrient that goes a long way in maintaining your health during intense exercise. Protein produces the enzymes needed to help carbohydrates maintain energy levels during regimen.

Benefits aside, protein intake is one the most debated issue in the fitness and sports nutrition world. Too much intake of protein, claimed by many, harms the body. Consensus however, among fitness professionals and sports nutritionist suggest a different direction. Protein intakes above the RDA appears to stimulate the loss of body fat while increasing muscle tissue.

But all in one sports nutrition follows the RDA not because it supports the claims of anti-protein intake. All in one sports nutrition is perfect balance of necessary nutrients, carbohydrates and protein included. Aside from these two most important elements in any sports nutrition program, all in one sports nutrition also contains other minerals needed by your body to sustain itself during heavy exercise and other physical activities.

So you see, there's no reason to loose hope joining the privileged groups of athletes. Your all in one sports nutrition will sustain you during your regimen, and it will help your muscles recover fast enough for your work office work tomorrow!

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