



SPORTS NUTRITION

The Importance Of Nutrition and Exercise For Overall Health



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Introduction



Sports have been present for over a hundred years now. Nutrition and exercise can't be separated at all.

It had been part of sports since pre-historic times. The usual sports before done by cavemen were hunting. They hunt for animals or gather food to eat for survival. They use stones, bones, or sharp objects like wood to kill animals.

With this, hunting became an activity that possessed physical abilities. Hunting became a root for athletes. People were competing against their strength and abilities during times of hunting. It soon gained to the idea that these kinds of sports need nutrition and exercise for improvement.

Ancient sports were not limited to men. Women of Egypt performed gymnastics for their temples. As time went by, gymnastics turned into religious dances.

We are all familiar with the Olympic game held every four years. The Olympic game originated from the Greeks. They give their best

Chapter 1: Vitamin and Mineral Diets



If you care for your health and if you want to keep fit, you should not overlook the importance of nutrition.

Doing sport is not enough. There are various nutrients that a balanced diet needs to contain to provide the body with the necessary number of proteins, fats, vitamins and minerals, dietary fiber, and water. If these nutrients are not incorporated into the diet, the result might be a metabolism disorder.

Minerals and vitamins are responsible for sports performance. It is therefore vital for sportsmen to have a diet rich in vitamins so that their energy balance can be maintained.

Athletes need to consume daily up to 1500 kilocalories. Hockey players need an amount of 3000 kcal per day. This amount of energy can be easily taken from food.