

CWA Training Course

Athlete Nutrition and Hydration



Nutrition For Staying Safe

- Nutrition basics from training to competition
- For strength training and muscle building
- Hydration for exercise
- Pre exercise meal
- Post exercise meal



Nutrition for staying safe

- All the energy we need for life as well as for exercise comes from the food we eat and the fluids we drink. These nutrients are commonly broken into three classes:
 - Carbohydrates
 - Fats
 - Proteins

Each category of food is important for health and we should eat from each group, but the ratios of food we consume is often the topic of debate.

Strength training and muscle building

- In order to build lean muscle mass you need to combine an adequate calorie intake with a solid muscle strengthening program.
- A large number of calories are needed to fuel both workouts and tissue building. While getting enough calories is important, it is also important to get the right kind of calories.



Hydration for exercise

- Water is the most essential ingredient to a healthy life. Water has many important functions in the body including:
Transportation of nutrients / elimination of waste products.
- Lubricating joints and tissues.
- Temperature regulation through sweating.
- Facilitating digestion.



Pre exercise meal

- What an athlete consumes before, during and after exercise is important for comfort and performance during exercise. While eating soon before exercise doesn't provide the bulk of the fuel needed for the activity, it can prevent the distracting symptoms of hunger during exercise.
- The major source of fuel for active muscles is carbohydrate which gets stored in the muscles as glycogen in the days before exercise. This is one reason that the post-exercise meal is critical to recovery and being ready for the next exercise session.

Post exercise meal

- While the pre-exercise meals can ensure that adequate glycogen stores are available for optimal performance, the post-exercise meal is critical to recovery and improves your ability to train consistently.
- **Hydration After Exercise**
The first nutritional priority after exercise is to replace food and lost fluid during exercise. In general the best way to determine how much to drink (either water or a sports drink) is to;
- Weigh yourself before and after exercise and replace fluid losses.
- Drink 20-24 fl oz water for every 1 lb lost.

5% dehydration = 15 % loss muscle FUNCTION

