

# Download Nutrition And Athletic Performance

NUTRITION AND ATHLETIC PERFORMANCE: POSITION PAPER FEBRUARY 2016 DIETITIANS OF CANADA I PAGE 3 This paper outlines the current energy, nutrient, Micronutrients play an important role in energy production, hemoglobin synthesis, maintenance of bone health, adequate immune function, and protection of body against oxidative damage. They assist ...It is well accepted by nutrition and fitness organizations that nutrition is a critical factor in enhancing athletic performance, injury prevention, recovery and resiliency in athletes. Sports nutrition is the study and practice of nutrition and diet with regards to improving anyone's athletic performance. Nutrition is an important part of many sports training regimens, being popular in strength sports (such as weightlifting and bodybuilding) and endurance sports (e.g. cycling, running, swimming, rowing)., Nutrition And Athletic Performance.

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