

Nutrition for optimal sports performance

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Choosing the right foods, fluids and supplements can help athletes perform at their best. To help an athlete reach peak performance, dietitians work with athletes to plan for:

1. Adequate energy from food
2. Enough fluids to keep the body hydrated
3. The right balance of nutrients

Meeting energy needs during activity will help athletes

1. Replenish glycogen stores
2. Provide protein to build and repair tissue
3. Provide essential fatty acids

Registered dietitians, particularly those with an expertise in sports nutrition, are uniquely equipped to provide nutrition advice to athletes. They can work with athletes to help them achieve peak performance by learning:

1. What to eat and drink before, during, and after exercise
2. How to use nutrition to help with performance and improve recovery time

3. When to use sports drinks instead of water

4. How to prevent dehydration

5. If certain vitamin or mineral supplements are needed.

6. That ergogenic [performance enhancing] aids should be used with caution only after careful screening for safety.

7. How to reduce their risk of contracting illnesses such as gastroenteritis or upper respiratory tract infections from the foods they eat (and the utensils used to cook them)

Speaker Biography

Sherif Azmy Rizkalla had the honour to start Nutrition & Pain Management Clinics in more than 5 hospitals-of which Nasser health Institute was the greatest. He was the Sports Nutrition Consultant of the Egyptian Modern Pentathlon Team (from 2004-2012 and made New Swimming Olympic records in Beijing 2008 & UK 2012 with C.Amr Elgezairy) and he was the Sports Nutrition Consultant of All Egyptian Olympic Teams Qualified for UK 2012. Now He is an Executive Board Member in UAMS (Union Africaine de Medicine du Sport), also World Society of Sports, Exercise Medicine (WSSEM) Founding Board Member, UKAD-Accredited Advisor, USADA-HealthPro Certified, WADA-Sport Physician's tool kit Certified and FIFA Diploma in Football Medicine which gives him a great opportunity to serve his country & many other countries giving awareness educational lectures about the importance of healthy nutrition & the hazards of doping for athletes.

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