

# Nutrition



# HYDRATION



Our body needs a lot of different nutrients for it to function properly. Therefore, having the correct amount of nutrients is highly necessary for a balanced nutrition intake. Nutrients provide fuel for our daily activities and will help us achieve a healthy active lifestyle. Breakfast is the most important meal of the day because it kick-starts our metabolism and provides our body with the energy we need. During the day, if we eat smaller meals more frequently this will help to prevent energy slumps and cravings for sugary snacks. Rather than snacking on sweets, chocolate and crisps, eating a healthy snack such as fruit or vegetables and small servings of protein such as unsalted nuts and yoghurts mid-morning or mid-afternoon will help to avoid overeating at lunch or dinner time. We should aim to provide our body with a wide-range of nutrients including protein whole grains and several servings of fruits and vegetables every day.

It is vital that we ensure a regular intake of fluids to stay properly hydrated. It is important that we are hydrated before we begin exercise especially if we are in a warm environment. If we are dehydrated before starting exercise, our core temperature will raise faster meaning our heart will have to work harder than usual. This can have a negative effect on our performance leading to possible health issues such as heat stroke. If we are exercising for less than an hour then water is all we need to keep hydrated. If we are exercising for longer than an hour then sports drinks that contain carbohydrate or even just squash, can help us keep going as the sugar provides extra fuel. Once the hard work is over, we will be ready for something to drink. Not only will this be refreshing, but it's important for restoring our fluid levels, which helps our muscles to recover, especially after performance. Therefore, throughout the competition it is vital that all athletes are drinking plenty of fluid to keep themselves hydrated. It is also important to drink even if we are not thirsty so we can prevent ourselves from becoming dehydrated.

# Physical Fitness

Physical fitness is another vital part of keeping a healthy lifestyle. Netball requires its athletes to have some form of physical fitness so we can carry out simple tasks without fatigue. By having physical fitness in netball, it will give the game a higher success rate and we would be able to reach demands of the sport at a higher level. By doing this we can then identify both individual and team strengths and weaknesses, needing to be developed and making the team stronger. For Netball there are seven components of physical fitness to consider. These are as follows: Aerobic Capacity, Muscular power, Agility, Speed, Coordination, Balance and Reaction time. Aerobic capacity is also known as "Cardio-Vascular" respiratory endurance or stamina. This is the ability to provide and sustain energy aerobically which allows us to perform for a longer period of time with getting fatigue. It is dependent upon the ability of the cardiovascular system to transport and utilise oxygen during the sustained exercise. In a game of netball we need our cardiovascular system to keep our muscles supplied with the energy they require so they are able to last for the length of time we are performing. This will allow for us to perform at our best and prevent our muscles from injury.

