

Impact of Nutrition on health, training and performance

Focus

1. **Athlete wellness** – strong immunity, reduced risk of injury and fatigue
2. **Athlete performance** – fuel to train and perform, delay fatigue, enhance recovery
3. **Athlete rehabilitation** – optimal healing and recovery from injury

Performance Impact

1. **More available time** - less training and competitive time lost to illness/injury
2. **Supports optimal physical adaptations** from training programmes and get more out of performance
3. **Accelerated return to training**