



EFFECTS OF A POOR DIET ON PERFORMANCE

MALNUTRITION

- This is defined as “a condition which results from an unbalanced diet in which some nutrients are lacking, missing, taken in excess or taken in the wrong proportion”
- A person could be tired as they have a lack of iron, or because they have eaten sugary carbs instead of starchy. A person may lack vitamins and minerals from fruit and veg, and this effects teeth / skin etc, or may lack calcium from dairy and have weaker bones more likely to break.

THE EFFECTS OF OVER EATING

- If you are overweight your fitness deteriorates – imagine running around carrying a small child! You would get tired much more quickly than a person who was light!
- It can affect flexibility, agility and cardiovascular fitness.
- It can also lead to high blood pressure as arteries become furred up with cholesterol. This can lead to heart attacks and strokes.
- You may also lose confidence and become anxious about taking part in sport if people laugh at your body shape, or you can no longer keep up.

SHORT TERM EFFECTS:

- You should also avoid eating large meals before taking part as it can lead to you feeling very uncomfortable, or even sick.
- Remember you should have at least 2 hours between a large meal and taking part.

THE EFFECTS OF UNDER EATING

- You will lack energy – no carbohydrates to fuel your body.
- Your muscles weaken with a lack of protein for growth and repair, and bones weaken with a lack of calcium from dairy products. This can increase risk of injury significantly.
- Concentration suffers due to fatigue.
- You can develop eating disorders (anorexia, body dysmorphia) where you over exercise and eat very little in an attempt to stay “thin”. This over training can cause illness and injury.
- If you don't take in fluids to flush out toxins you may develop kidney infections.
- These all negatively affect participation and performance just as much as over eating.

EFFECTS OF DEHYDRATION

- If you have no fluid to lose as sweat, your body cannot cool down effectively. This will lead to heat exhaustion / heat stroke.
- Concentration drops and headaches can occur.
- You will tire more quickly (how hard is it to play football on a hot summers day in 30 degree heat?)
- You can become ill during participation, may suffer from cramps and have to stop. It may even cause vomiting in extreme cases.