


Nutrition for Sport Chart– CT005

<p>Description</p>	<p>◆ Nutrition for Sport laminated chart identifies the essential elements on why nutrition is important to achieving the best results in training and competition. Designed in conjunction with Rex Hazeldine and Nicky Gilbert of Loughborough University it has sections on; understanding nutrition, preparing the body for training and competition, training and competition, and ideas for eating before and after exercise.</p>
<p>Details</p>	<p>1. Dimension: A1 Size</p>
<p>Image</p>	 <p>The image shows a laminated chart titled "NUTRITION FOR SPORT" with the subtitle "HOW A HEALTHY DIET AND GOOD NUTRITION ENHANCES PERFORMANCE". The chart is divided into several sections:</p> <ul style="list-style-type: none"> HEALTHY EATING FOR SPORT: This section features a central circular diagram with various food items and text boxes explaining the benefits of different nutrients like carbohydrates, proteins, and fats. NUTRITION FOR TRAINING AND COMPETITION: This section contains three text boxes providing detailed information on nutrition during training and competition. IDEAS FOR EATING AND DRINKING BEFORE, DURING AND AFTER TRAINING AND COMPETITION: This section offers practical advice on meal and drink timing. SUPPLEMENTS: This section discusses the use of supplements, including protein powders and energy drinks. <p>The chart concludes with the slogan "CHOOSE WELL - EAT WELL - PERFORM WELL" and includes logos for the Loughborough University researchers and the FitnessExpert brand.</p>