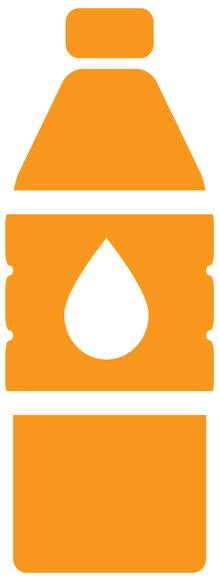
MAINTAINING IMMUNE FUNCTION

STAYING WELL

STAY HYDRATED

SALIVA IS YOUR FIRST LINE OF DEFENCE



- Drink to thirst
- Ensure pale straw coloured urine
- For every 1kg weight loss you lose 1L of fluid. To rehydrate you need to take on 150% of what you have lost e.g. so 1.5L for a 1L fluid loss.

CHECK YOUR RESTING HEART RATE

10 beats above your normal is an indication your body isn't happy. You may be tired, dehydrated or becoming unwell. Consider a rest day or taking a light session.

CHECK VITAMIN D LEVELS

If below 75 consider using a vitamin D supplement

AIM FOR A MINIMUM OF 8 HOURS SLEEP EVERY NIGHT

Switch off electronic devices 30 mins before bedtime as blue light interferes with melatonin production, which can disrupt sleep and lead to poor recovery

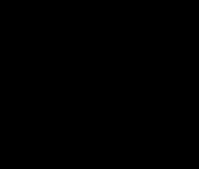
CONSIDER TAKING A PROBIOTIC

Can be used 12 weeks prior to a major competition or tournament e.g. probiotic drinks such as Yakult, Actimel or supermarket own brand

BE MINDFUL OF RECOVERY NUTRITION

POOR CHOICES CAN LEAD TO A DEPRESSED IMMUNE SYSTEM

Always ensure sufficient carbohydrate throughout the day, training block and after competition e.g. fist size portion of carbohydrate at meals and half a fist size portion as a snack in the 24 hours prior to competition



BOOST YOUR ANTIOXIDANTS

During a high volume/intensity training block consider using food/drink high in antioxidants for recovery e.g. tart cherry juice

Renee McGregor- Sports nutritionist and dietician who provided nutritional support to athletes in the lead up to the London and Rio Olympics. Working with the High Performance unit Renee provides nutritional support and education to our coaches, High Performance athletes, Sports Scholars and TASS athletes via group workshops, practical demonstrations and 1 to 1 tailored sessions.

To access any of these services please speak to your Director of Sport, sports specific coach or contact sportsperformance@exeter.ac.uk

2016SPORT101

UNIVERSITY OF EXETER Sport

THE TIMES THE SUNDAY TIMES GOOD UNIVERSITY GUIDE 2016 SPORTS UNIVERSITY OF THE YEAR

UniversityofExeterSport

@UniversityofExeterSport

www.exeter.ac.uk/sport