

Nutrition and Physical Performance

Nutrition is Fundamental to Physical Performance. Whether you're a world-class athlete or just enthusiastically active, nutrition is fundamental to your peak physical performance. To put in your best effort, you need the same nutrients as non-athletes: carbohydrates, proteins, fats, vitamins, minerals and water. If you're highly active, however, you may need slightly more of some nutrients.

Many athletes think that maximizing muscle requires lots of protein, but building muscles starts with a good workout program and sufficient calories. Muscles build when they have extra calories for tissue to develop.

Whether you're into athletics for health or competition, maximize your performance by consuming a wide variety of foods and adequate calories.