Foundations of Personal Fitness

Chapter 4, Section 4

**What You Will Do**

* Apply sound nutritional practices to physical activity and .
* Analyze the effects of performance-enhancing supplements on health and physical performance

**Terms to Know**

* pre-event meal
* ephedrine
* creatine
* androstenedione

**Food for Performance Fitness**

**There are two key factors to achieving high performance fitness levels:**

* + physical training
  + Eating
* Proper sports nutrition begins the competitive event with the

.

* The pre-event meal should consist primarily of foods high in .
* When participating in day-long events it is important to eat at intervals to renew energy and

throughout the day.

* Choose foods that have complex carbohydrates. Drink plenty of fluids to replace those lost through perspiration.
* Following a high-intensity workout or competition, you need to eat foods that will promote

* There are three phases to post-event eating:

1.

2.

3.

**Risks of Supplements**

* may lead to heat-related injury, heart problems, and even death.
* is especially risky for teens because the long-term effects on growth and development are unknown.
* has serious health risks. Its use may increase the risk of heart disease.