

Congratulations to all who finished the 2-Oceans Marathon on Saturday!



Sports Nutrition

Do you train hard, but feel you don't quite do as well as you would like to?

Do you use supplements recommended by friends that cost you a fortune, and you are still not sure if it works?

If you would like to have eating plan to help you with your training and to make sure you are in "peak condition" for your next event, contact Annelie or Cora for a individual plan for you.

Correct Diet can ensure:

- Improved energy levels and speed up recovery rates to train harder and perform better.
- Ensure a strong immune system to prevent breaks in training or not being able to attend an event that you have trained for
- Prevent sports injuries (joint and bone health) and lifestyle disease.
- Prevent nutrient deficiencies that lead to conditions such as anemia
- Ensure correct dietary practises if you are diabetic or have a history of heart disease.

If you are diabetic or suffer from Heart disease and you are active, it is very important to get advice on your food intake from a registered dietician. No longer is it enough to just get a list of foods to eat and foods to avoid. No longer is it still enough to cut down on sugars and fats.

Studies have shown that exercise can improve your health, but if your food intake is not properly structured exercise can even be harmful.

As our bodies burn more oxygen during exercise, more free radicals are formed. These free radicals are also part of the cause of ageing and lifestyle related illness. Your diet can provide correct amounts of anti-oxidants to protect you against further damage caused by free radicals.

If you are a diabetic on insulin, it is very important to adapt your food intake to your insulin and activity. It has been shown that the type of activity will affect you blood glucose levels differently. Fir instance, cardiovascular exercise such as running and cycling may cause low blood sugar episodes (hypoglycemia) during the night and weight training type exercise or short high intensity training may increase blood sugar levels. Speak to us for the best advise! !