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Sports nutrition for females and its effect on health

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Good nutrition will help the athletes train hard, recover quickly and adapt more effectively with less of illness or injury. Nutritional techniques need to be developed before, during and after the training period to achieve accurate performance. Water accounts for approximately 60% of the average person's body weight and it varies with muscle mass, age & hydration status. The loss of fluid in the body will cause many effects on the health of an individual such as increased cardiac stress, heart illness, impair performance etc. Proper hydration is necessary before, during and after the training.

Type of diet followed by the female athletes according to their life style and goals are: keto diet, low carb diet, vegan, vegetarian and paleo diet. Proteins, amino acids, supplements required by the female athletes such as whey protein, casein during the pre or post workout can be covered by regular food. The benefits of physical activity (sports) along with proper nutrition in women's health will help in the prevention of disorders such as T2DM (Type 2 diabetes mellitus), osteoporosis, mental health and cardiac health.

Biography

Hadeel Saud Alshubaili has graduated from King Saud University, Saudi Arabia. She is the Dietitian of Metabolic and Genetics. She is certified Spinning Trainer and a Gym Instructor, participated in many conferences locally and internationally as a speaker.

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