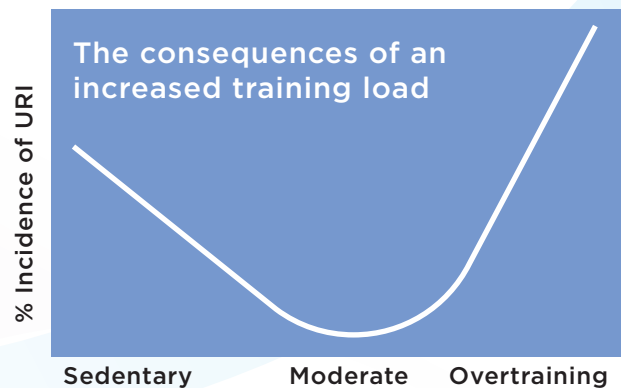


Boosting your immune health for performance

Why should you optimise your immune health?



Studies have demonstrated that high competition and training load can depress your immune system making you more susceptible to illness.



How to optimise your immune health?

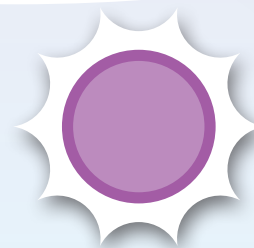


1. Hydrate

Saliva is your first line of defence when you are dehydrated you don't produce saliva

2. Vitamin D Supplement

Through the winter months and for indoor sports it is essential to take a Vitamin D supplement



3. Probiotics

2 weeks from major competitions start taking a probiotic as this can boost your immune health

4. Rest & Recover

Ensure at least 8 hours sleep a night and make appropriate recovery choices after training, replacing carbohydrates and protein



When using supplements in high performance sport it is important that you choose products that are regulated by Informed Sport but are also batch tested.

For Probiotics and Vitamin D use Healthspan Elite.



Source:

Renee McGregor
Performance Dietician
Scottish Gymnastics

