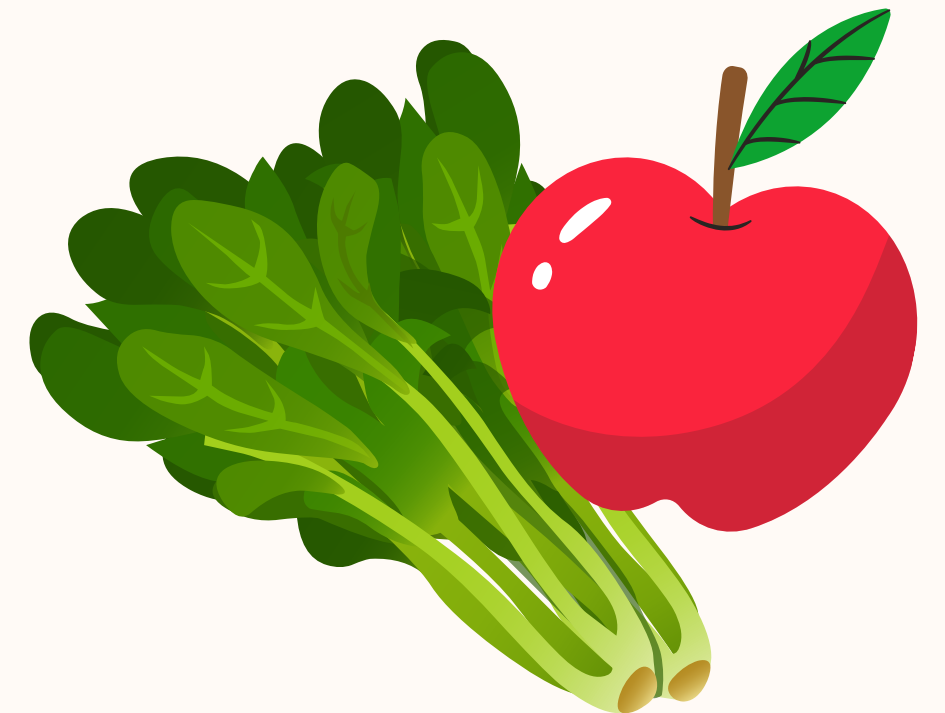


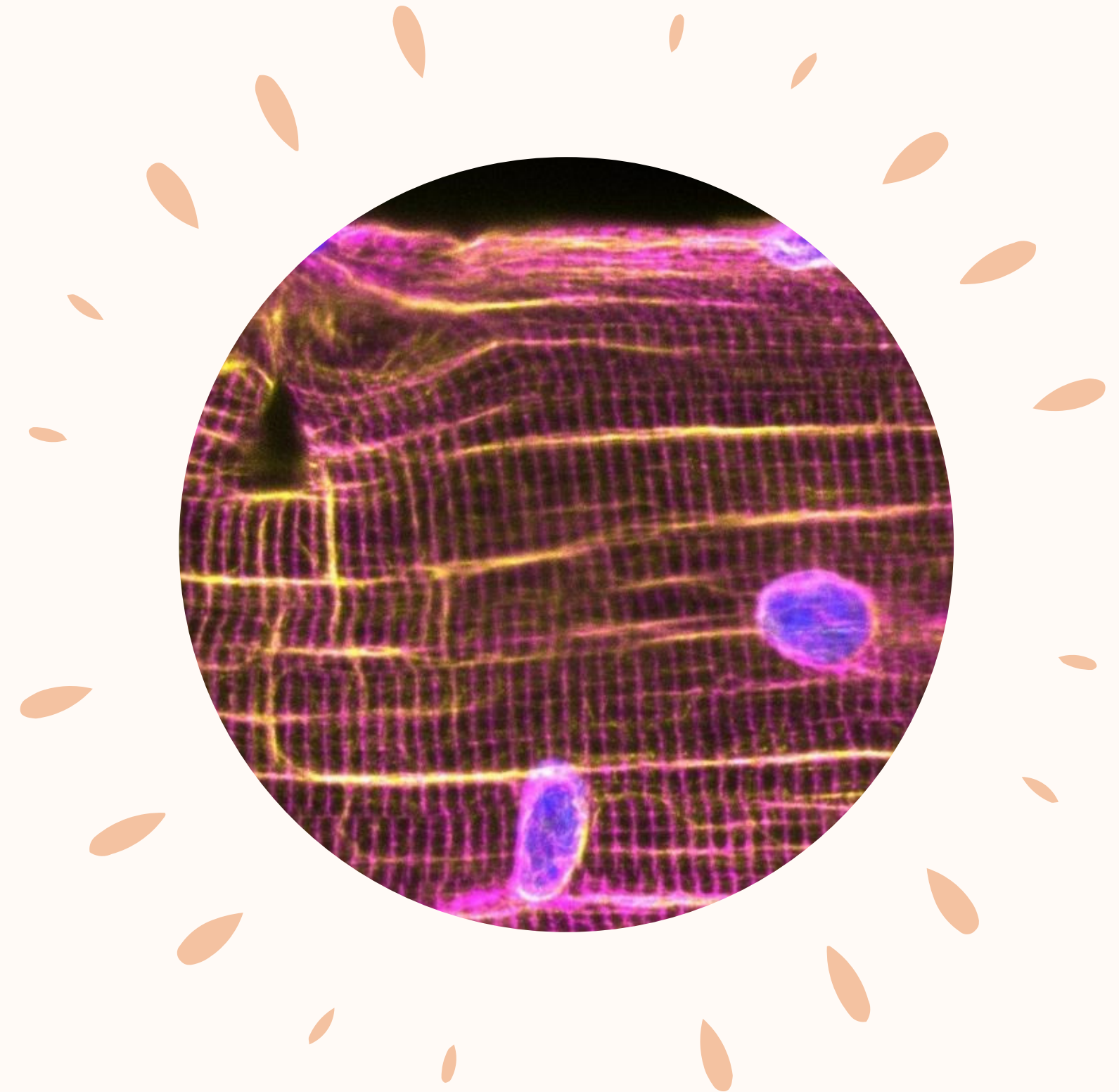
Why is it
important that
performers have
the correct
nutrients?



In this presentation I will discuss why it is important for performers to maintain a healthy diet throughout training and their careers, to maintain stamina, and a continued career. To be properly fuelled for classes or performances, it is important that performers have a healthy diet full of nutrients needed to support growing athletes. Consuming too few nutrients will compromise your energy level and may affect your ability to perform at your best.



When exercising especially during high intensity or when involving resistance, your muscles can experience small tears, these occur in the muscle fibres. Even tho this is a completely natural result from exercising this can cause stiff or sore muscles. This damage is a result from your muscle fibres being stretched beyond their usual capacity.



When your muscles experience these tears your body goes into repair mode. It triggers a process called protein synthesis, the body repairs and rebuilds the damage muscle fibres. During the repair new muscle tissue is formed making the muscle stronger and more resilient than before.



These small tears in your muscles may sound intimidating but they are actually a good thing. They are a sign your muscles are growing and becoming stronger. However it's important to listen to your body and know your limits. Give your muscles time to rest and recover.





Proteins



vitamins



Fats



Minerals



dietry fibers



Water



Carbohydrates

What are the 7 main food groups?

Muscle recovery, nutrients.

When it comes to recovery protein plays a crucial role. It contains amino acids that help repair and rebuild muscle tissue after exercise or performances

Good sources of protein include lean meats, poultry, fish, eggs, dairy and nuts.

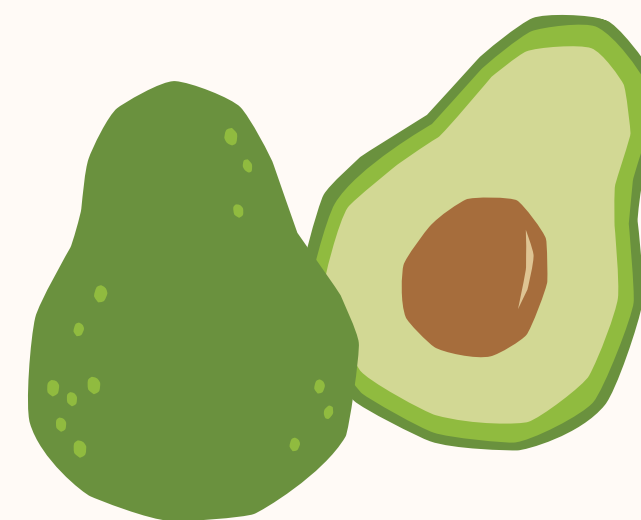




Carbohydrates are also important for muscle recovery as they replenish glycogen stores, which provide energy for muscles. Opt for complex carbohydrates like whole grains, fruits and vegetable.



Let's not forget about healthy fats. They aid in reducing inflammation and supporting overall recovery. Sources of healthy fats include avocados, nuts, seeds, and olive oil.





By including these nutrients in a balanced diet, performers can promote muscle recover, maintain their energy levels and support their overall performance.

The background features a large, soft orange watercolor wash in the center. In the top-left and bottom-right corners, there are clusters of small, overlapping brushstrokes in muted green and dusty rose colors. The overall style is soft and artistic.

*Thank
you*