

Nutrition, Sport and You!

by PETER BEECH-ALLEN

Nutrition is one of those things in life that follows the rule "Garbage In — Garbage Out!" If you put in second rate input you cannot hope to obtain first rate output.

Nutrition not only affects the physical but also the mental functions. Good nutrition is as important an aspect of your preparation for competitive squash as technique, training and tactics. Optimum health, well-being and sports performance cannot be achieved without proper nutrition. Proper nutrition means that all the essential nutrients (carbohydrate, fats, proteins, vitamins, minerals, trace elements and water) are not only supplied but available in acceptable form and are balanced to suit the individual sportspersons requirements.

We are being made increasingly aware that a correctly balanced diet will enhance health and prevent disease.

Generally we have been advised to eat a more healthy diet; more roughage, less fat, sugars and additives. But it is not just a matter of eating healthier foods, it is also important to form the correct balance between the various elements that make up that food. We are being made increasingly aware that a correctly balanced diet will enhance health and prevent disease, but in addition to this we should be aware that this will also enhance our performance at our sport, whether it be recreational or professional. It is therefore imperative that sports men and women understand the basic principles of nutrition in order to help them with their preparation for training and competition.

Through studies carried out, we have found a tremendous mismatch between the input of nutrition and the output of energy in squash players of all standards — from club players to international competitors. Quite often it has been a case that they were not aware of the value of the foods they were consuming in relation to their energy output. In some cases it has been a matter that the players output has far exceeded the intake, resulting

in a drop in performance and a general feeling of fatigue — the most common reaction to this being to increase training, thus worsening the problem.

Daily energy requirements of course vary from person to person and depend on body weight, type of activities during the day and aspirations. Normally this energy requirement will be between 2500 and 8000 Kcal (an energy value), but heavy training or playing schedules may put this requirement higher. A squash professional, practicing and playing daily, will have a different requirement than a three times a week club player.

Before altering your present diet, and by diet we mean normal food regime, it is important to establish what are the shortfalls or excesses of that diet. A very useful way to do this is to have one of the Energy Intake and Expenditure Analysis's generally on offer, which is a good and inexpensive method of determining the relationship of your diet to your exercise and daily activities. This takes the guessing out of the way and gives you a control basis to work from; whether you should be reducing or increasing your intake and its quality. The main objective should be to get the nutrition you require from your diet without resorting to expensive supplements or extreme diets, however this may be impossible for those whose daily requirements are above the 5000 Kcal level.

In future articles I will break down the jargon of the nutritionists and plainly explain the various elements and aspects that affect your health and performance. ●

This Table should provide food for thought.

AVERAGE ENERGY EXPENDITURE FOR VARIOUS ACTIVITIES	
Activity	Cal's per hour*
Sitting	72- 84
Driving	160-200
Walking	210-270
Jogging	420-480
Running	600-660
Hard Squash	800-900

* These figures will vary according to weight, metabolism and intake.

ADVERTISEMENT FEATURE

FINANCE FOR SQUASH PLAYERS

In the first of a series of articles that set out to explain financial issues and offer investment advice for the busy squash player — we look at a new type of investment fund.

For most people, their own home has proved to be their most lucrative investment, and they will readily appreciate the almost unrivalled value of private housing as an investment. While the economy has passed through periods of inflation, recession and crisis, house prices continue to rise.

Across the whole country last year, prices rose by around 13½%, but prices in London rose by almost double that at 25%. (Source: Halifax Building Society Index). The problem is that while you can live in your investment, you cannot realise the capital appreciation on your own home, because when you sell it you are likely to want to buy a bigger, better one that will cost as much, or probably even more.

Now there is a way of investing in residential property for the person with limited funds who might want to turn the investment back into cash at short notice, or who would like to invest regularly in property to build up a substantial cash sum.

Residential Property Funds give a golden opportunity to invest in arguably the most lucrative property sector in Britain — expensive properties in exclusive areas of Central London which have shown particularly impressive growth. Investors in this Fund have the chance not only to invest in property other than their own home, but in a type of property which they probably could not afford anyway and they do not benefit just from the capital appreciation, but also from the rents received when the properties are let.

Such funds concentrate on acquiring properties in those attractive well established areas that have long been the favourite of the international community: Mayfair, Belgravia, St. John's Wood, Knightsbridge and Kensington. Some also now look at those areas becoming fashionable such as Little Venice, Pimlico and Clapham, even the areas east of the City.

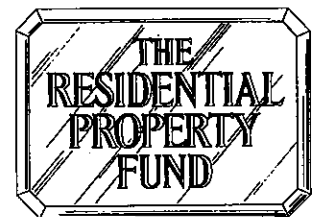
Houses and flats in these areas are suitable for letting to wealthy individuals or company employees who are prepared to pay to be close to Central London and the City. Of course, London will always be popular because it is a truly international centre in every respect — business, educational and sporting.

Independent financial advisers feel demand for this kind of property will increase still further as the 'Big Bang' in the City this month will help establish London as the financial capital of Europe.

Funds can be invested either by way of a lump sum, minimum £1000, or through smaller regular investments where the minimum contribution is usually from as little as £20 per month.

For details of the TARGET Group Residential Property Fund, ring Andy Mattock at Longlife Financial Services on: 01 661 0621

As a special "Middlesex SQUASH" bonus, regular investments started before the end of this year qualify for the first month's contribution to be paid for you!



TARGET
TARGET GROUP PLC