



nutrients



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Nutrition and Athletic Performance

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Message from the Guest Editor

Dear Colleagues,

Exercise necessitates increased energy production to match the elevated demand of physical activity, the magnitude of which varies significantly by activity, sport, and/or athletic position. While long term nutritional habitus is known to impact exercise performance, short term or acute nutritional strategies may also prove beneficial, or detrimental, to athletic performance. Modifications to macro- or micro-nutrient intakes likely influence athletic capacity through the altered metabolic capacity, although cardiovascular, respiratory, or neurocognitive effects are not to be discounted as possibly being influenced by altering the nutritional approach. Similarly, dietary supplementation with factors such as probiotics or antioxidants, either acutely or chronically, is also a likely avenue in which to optimize athletic performance. Supplementation, or the timing of supplementation, diurnally or with activity, may help to bridge gaps between dietary intakes and needs, perhaps as a result of either an inadequate intake and/or high level of athletic demand via high intensity, frequency, volume, or a combination thereof.

Dr. Stephen Ives

Guest Editor



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