

DIET AND SPORTS PERFORMANCE

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ABSTRACT

Physical fitness as a set of attributes related to the to perform physical activity coupled with genetic makeup and the maintained of nutritional adequacy. Nutrition play important role in sport performance .It is not important to make sure that eating just enough calories to make weight healthy but it is also sure that one should get energy from right sources The food and drinks taken must in supply energy.

The relationship between nutrition and sport activity determine how effective a faith based nutrition upon physical activity of people. The increased physical activity is linked to better quality of life. If the participants are educate on proper intake of nutrition on physical activity this successfully bring about improvement in many area of health and fitness.

KEYWORDS: Physical Fitness, Nutrition, Health and Fitness, Good Diet