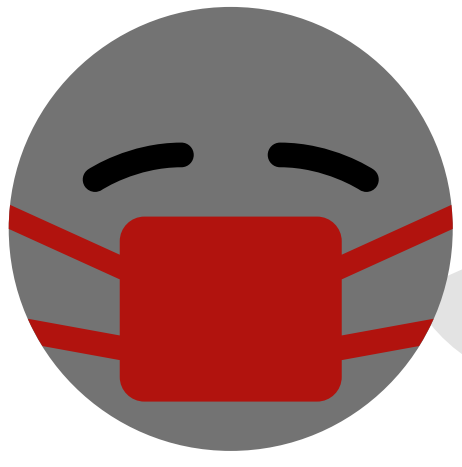
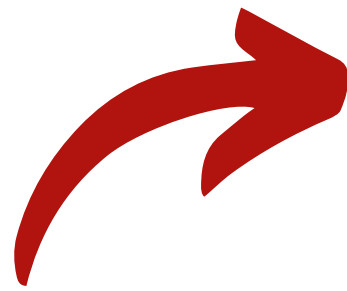


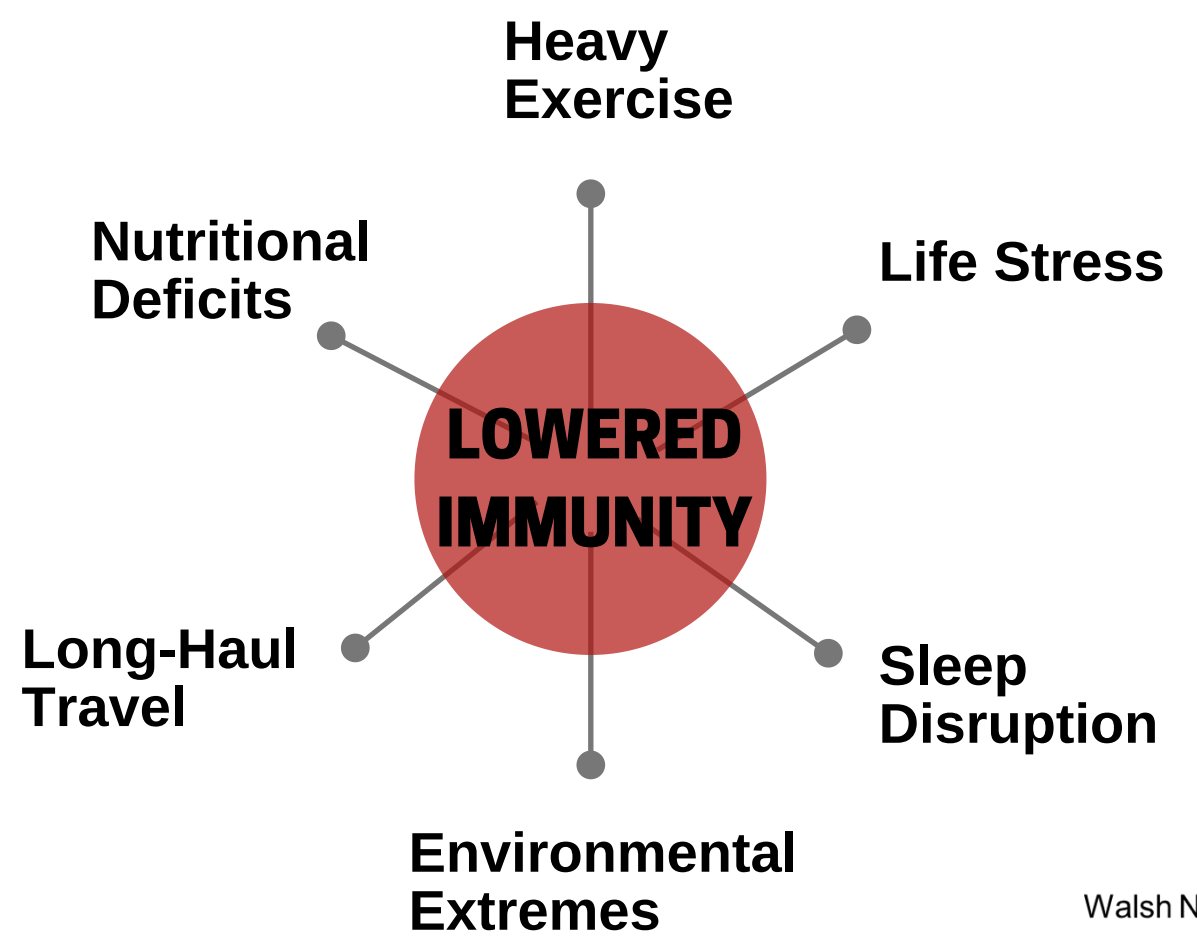
What is the problem?



Your immune system is your defence system that is responsible for protecting against illness and infection.



Factors relating to Immune Health



Walsh NP (2018)

ATHLETES ARE MORE SUCEPTIBLE TO ILLNESS THAN THE GENERAL POPULATION

Athletes are exposed to a greater number of threats to the immune system than most people. Additionally, heavy training increases inflammation and stress hormones in the body making athletes more susceptible to infection.

Risk Factors for infection in Elite Athletes:

1

TRAVEL

Athletes often are required to travel in order to train and compete. Being exposed to different environments puts athletes at risk of contracting a variety of illnesses.

2

CLOSE CONTACT WITH OTHERS

During travel and competition, athletes will come into close contact with a number of individuals and can become infected.

3

TRAINING

Increased respiratory rate and resulting increased oxygen consumption makes athletes more likely to inhale germs that may make them ill.

How can I protect myself?



Use good hand hygiene



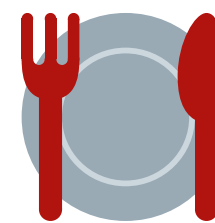
Get vaccinated



Avoid touching eyes, nose and face when out in public



Sleep 8-10 hours every night



Eat a balanced diet high in antioxidant rich fruits and vegetables



Manage stress

ATHLETE IMMUNE HEALTH

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Nutrition and Immunity

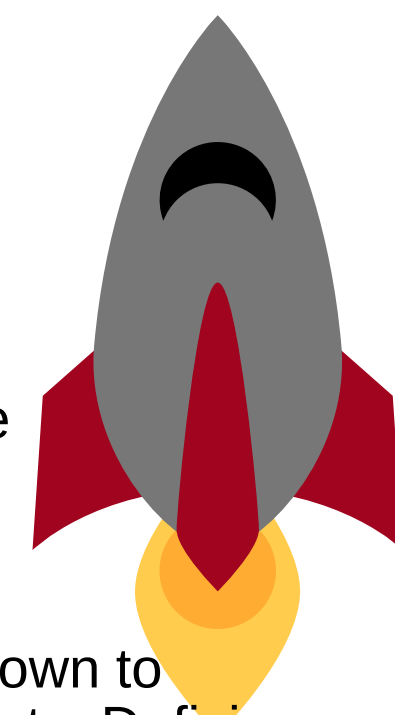
Nutrition can help keep your immune system strong and healthy making it less susceptible to illness.

Not eating enough can harm your immune system. **Inadequate energy intake can impact can immune cells (platelets and neutrophils)** which guard your body from infection.

Having a **diet that is well balanced in terms of carbohydrates and protein** keep stress hormones in check that if out of whack can influence the immune system.

Polyphenols are chemicals many found in fruits, vegetables, and seasonings. These compounds may aid in **reducing the incidence of upper respiratory infections**. They also can act as antioxidants that **protect the immune system from damage** by free radicals.

Give your immune system a boost!



PROBIOTIC Certain probiotic strains may reduce incidence and severity of upper respiratory infection.

VITAMIN D Vitamin D is a fat soluble vitamin shown to influence several immune components. Deficiency has been linked to increased risk of illness.

VITAMIN C Vitamin C may reduce duration and severity of cold symptoms. Also works as an antioxidant to protect the immune system against damage.

POLYPHENOLS These compounds may have some anti-inflammatory, antioxidant and anti-pathogenic effects. Ensure to eat a variety of fruits and vegetables throughout the entire season

HYDRATION Staying hydrating during travel and exercise can help maintain saliva flow rate. Saliva contains many antimicrobial proteins. Literally one of the first lines of defense!

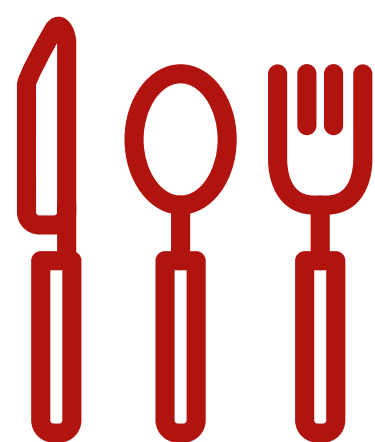
Beware of **RISKY** meal-time behavior!

Some food conditions pose a greater risk of contamination than others. Avoid these things to reduce risk of infection during the cold season and travel:



Eat cold foods cold and hot foods hot. Food that are eaten at the incorrect temperature may have bacteria present that could make you sick.

Do not share beverages, bottles, or utensils with other people. Bring your own implements and ensure that they are cleaned regularly.



Wash your hands regularly! Always wash hands before eating. Carry hand sanitizer to use when soap and water is not available.

Immunity Checklist

- Eat a diet that is high in fruits and vegetables and provides you with enough energy to stay fuelled and healthy!
- Eat a balanced diet with enough carbohydrates and protein to support immune health.
- Avoid drinking alcohol after heavy training or competition.
- Take rest days. Do not train if illness is below the neck (i.e. chest cold, GI symptoms).
- Check ALL medications on **globaldro.com** before taking to ensure they are safe.
- Inform your IST medical lead as soon as you think you are getting ill, protect yourself and your team.

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