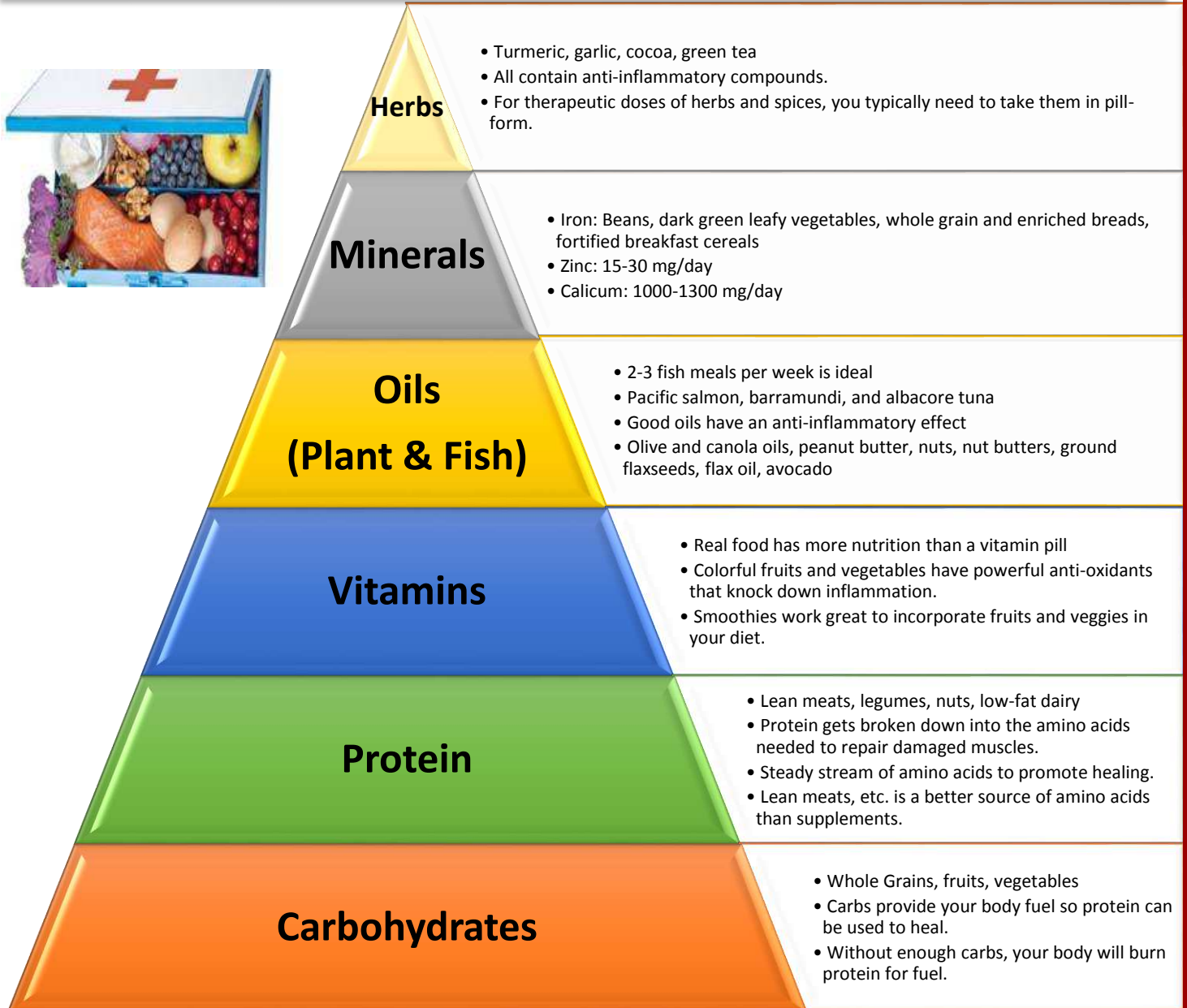


Post-Injury Nutrition

Injuries can be emotionally and physically frustrating for athletes. Focusing on what you 'can do' rather than what you cannot, can help. Choosing what you eat is one of those things you 'can do'.
Adjusting your diet to provide the right nutrients for healing can speed up your recovery.



Strive to maintain a high quality food intake every day. This creates a reserve of vitamins and minerals, ready and waiting, to be put into action if injury does occur.
The junk food junkie who gets a serious sports injury has a big disadvantage.
Eat smart!