

# LET'S (NOT) GET INJURED

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IT'S ALL FUN AND GAMES UNTIL SOMEONE GET'S HURT, RIGHT? INJURIES CAN BE A MAJOR SETBACK FOR THE TEAM AND CAN RESULT IN TIME OFF GAMES. OUR GOAL IS TO HELP USE NUTRITION TO GET YOU BACK TO PLAYING AS SOON AS POSSIBLE.

Nutrition is one piece of the puzzle that can have a BIG impact on our body's ability to heal and regenerate. Our top tips for nutrition and injury recovery/prevention are:

## MINIMISE LARGE CALORIE DEFICITS

Consume the same amount of energy our body uses each day to prevent low-energy availability + risk of nutrient deficiencies

## ADEQUATE PROTEIN

Aim for 1.5-2.0g/kg bodyweight per day to support muscle repair and prevent breakdown - protein rich food sources include lean meat, seafood, dairy, eggs, tofu

## COLLAGEN

Especially important for tendon, ligament, bone and cartilage strength - Add in lean meats, fish, bone broth and eggs. In some cases of recurrent injuries, collagen supplementation may be indicated

## OMEGA 3S

Beneficial for anti-inflammatory properties - found in foods like salmon, tuna, mackerel, chia seeds, flaxseeds, walnuts, plant oils

## ANTIOXIDANTS

Polyphenols, vitamin C & vitamin E can be linked to improved rate of muscle recovery after exercise + reduce muscle soreness and inflammation - our best tip is to include an abundance of colourful fruit & vegetables at multiple meals and snacks across the day



# PRACTICAL TIPS

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- Make sure you have a source of protein in each meal
- Eat regularly (3 main meals + snacks) to help reach your calorie needs
- Pop chia seeds, antioxidant rich berries and spinach into a smoothie



- Try smoked salmon and cream cheese on grainy crackers for a snack
- Add a sprinkle of flaxseeds and spinach to your omelette

**LET US HELP YOU RECOVER FASTER**

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