

Sports

Advanced (Grades 9-12)

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Lifestyle of an Athlete

In athletic activities, including dance, it is necessary to adopt a certain lifestyle in order to maintain the level of health required to participate at peak potential. Athletes in general have to think about their daily tasks such as their eating habits and activity level, as well as recreational activities, and how it might affect their performance in their chosen sport. Nutrition, activity level, and the consumption of illegal substances are three of the most important lifestyle factors that athletes must monitor and control in their daily routines.

Nutrition has one of, if not the most, influence in how an athlete performs. Diets of athletes must consist of a high amount of protein, representation from all five food groups, and low amounts of sugar. Failure in ingesting a healthy diet may result in weight gain, which for dance specifically restricts range of movement and might make it difficult to perform certain skills and tricks. Eating lots of fats, sugars and altogether too much food can hinder your performance in a sport, but not eating enough, or malnutrition, can also be detrimental to your skill. Eating disorders, such as anorexia are common in the dance community. Malnutrition can cause weakened muscles, fatigue, heart failure, and other conditions that may make dancing or other athletic activity impossible.

