ATHLETE WELL-BEING SEMINARS

HEALTH AND THE FEMALE TEENAGE ATHLETE
16TH JUNE

IRON DEFICIENCY - WHAT IS IT AND HOW IT AFFECTS BOTH MALE AND FEMALE ATHLETES
7TH JULY

HOW YOU CAN IMPROVE YOUR HEALTH AND WELL-BEING
28TH JULY

WITH DR. CLAIRE BADENHORST -SPORTS SCIENTIST AND ELIOT FENTION - NUTRITIONIST

MT SMART CLUB ROOMS (ABOVE FINISH LINE)
7PM-8.30PM

AUCKLAND CITY
ATHLETICS CLUB

sportslab

HEALTH AND THE FEMALE TEENAGE ATHLETE

What does being a healthy athlete mean to you?
Our goals in sport are always to perform well, to win races or get that PB. But in order to achieve these goals we have to make sure we are healthy. In this talk will discuss our unique physiology as a female and what supports us in being healthy and strong female athletes from a physiological perspective.

IRON DEFICIENCY - WHAT IS IT AND HOW IT AFFECTS BOTH MALE AND FEMALE ATHLETES

Iron deficiency, a nutrient deficiency where athletes have high fatigue, poor concentration and motivation and declines in exercise performance. This affects up to 11% of male athletes and up to 45% of female athletes. But what makes athletes more susceptible to iron deficiency? This talk will discuss what is iron deficiency, symptoms to look out for and what risk factors are common in male and female athletes in order to help you maintain your training and competition performance.

HOW YOU CAN IMPROVE YOUR HEALTH AND WELL-BEING

A healthy athlete will adapt to their training and will have consistency in their training. Two key factors that help performance in competition. This talk will delve into nutritional and physiological action points that you can start using in your winter season to help prepare your self for a summer of strong performances.

REGISTER HERE

For more information, please call (09) 368 1552 or contact the Sports Lab team at reception@sportslab.net.nz or search www.sportslab.net.nz