

Trouble Shooting: FAQs



What happens if you under-fuel?

- Muscle loss
- 2nd session slump
- Soft tissue injury
- Under performing in school/work
- Fatigue and low energy
- Decreased endurance
- Increased illness

What are the warning signs of inadequate nutrition?

- Loss of Period
- Extreme Fatigue
- Increased Muscle cramping
- Increased injuries
- Slowing down in the pool
- Lack of hunger with practice
- Muscle loss
- Lightheadedness
- Coldness in fingers and toes
- Hypercarotenemia (orangeness on the hands or skin)
- Dizziness upon standing

How does adequate nutrition prevent injuries?

- Healthy fats like omega 3s manage inflammation
- Adequate protein helps with recovery
- Daily fruit and vegetables have nutrients essential for bone health
- Vitamin C improves bone and tendon health (precursor for collagen)
- Adequate caloric intake is essential for all performance goals

What are the warning signs of dehydration?

- Headaches
- Fatigue
- Weakness
- Dizziness/lightheadedness
- Cramping
- Decreased focus
- Elevated heart rate
- Feeling thirsty is the body's earliest indicator that it needs more fluids
- Dark Urine
- Decrease in urination
- A dry or sticky feeling in the mouth, along with a sore throat, is a common sign.

- Skin may feel dry and less elastic. (A simple test involves pinching the skin; if it does not return quickly to its normal position, it may indicate dehydration.)

How can I deal with gastrointestinal distress? (Bloating, cramping, nausea, or diarrhea during or after practice.)

- Avoid large meals or high-fiber foods right before practice (aim to eat 1-2 hours prior).
- Experiment with different foods during training sessions to determine what is easily digestible.
- Focus on low-fiber, low-fat, and low-protein snacks before swimming.

How can I support my mental health with nutrition during the swim season?

- Build a healthy relationship with food. Avoiding restriction and promoting enjoyment of a variety of foods supports mental and physical health.
- **Focus on optimal nutrition:**
 - Omega-3s are critical for brain health and have been linked to a reduced risk of depression and anxiety. They support neurotransmitter function and brain structure.
 - B vitamins, particularly B6, B12, and folate, play a significant role in brain function. They help produce neurotransmitters like serotonin and dopamine, which regulate mood.
 - Vitamin D is essential for mood regulation and has been associated with a lower risk of depression. It may also enhance the effects of antidepressant medications.
 - Magnesium plays a role in regulating neurotransmitters and is involved in many brain processes. Low levels of magnesium have been linked to increased symptoms of anxiety and depression.
 - Antioxidants help reduce oxidative stress and inflammation in the brain, which can contribute to mood disorders and cognitive decline.
 - Amino acids, particularly tryptophan, are precursors to neurotransmitters such as serotonin, influencing mood and emotional well-being.
 - Zinc involves numerous brain functions linked to improved mood and cognitive performance. Deficiencies may contribute to mood disorders.
 - A diet high in fiber can promote gut health, which is increasingly linked to mental health through the gut-brain axis. Healthy gut bacteria also produce neurotransmitters.