

# Home-based sports nutrition guide

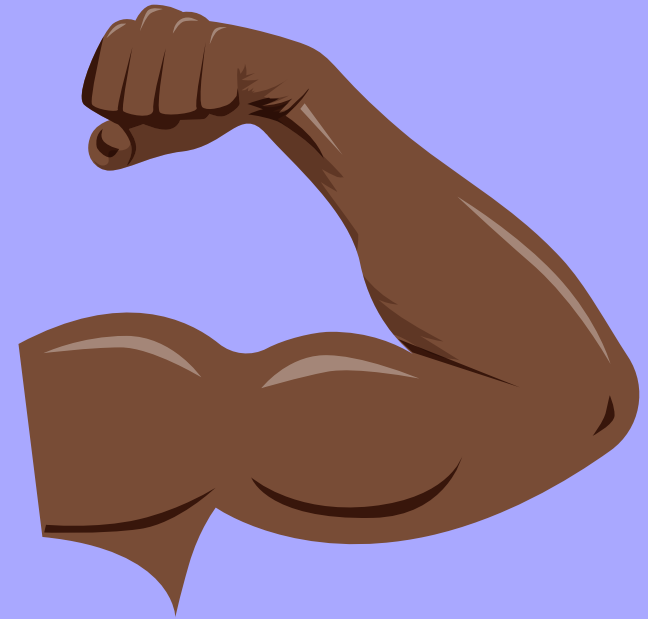
ESSNA

European  
Specialist  
Sports Nutrition  
Alliance



# Welcome!

Welcome to ESSNA's guide for home-based exercise and sports nutrition. This guide will cover everything you need to know about your consumption of sports nutrition while exercising from your home. You will be able to find information on what sports nutrition is, as well as our five steps to ensuring you feel your best while trying to keep fit at home. We hope this guide makes you feel more confident about home-based exercise and sports nutrition during this challenging time. Please follow the government exercise guidelines provided by your country, as each country has responded to the Covid-19 pandemic differently.  
#BeActiveAtHome



## What is sports nutrition?

Sports nutrition began as a niche industry designed for dedicated bodybuilders who needed very specific nutrition. It's come a long way since then. Today, sports nutrition products are designed for adults of any age, gender and background and are widely available in specialty shops, supermarkets and online. They offer a way for you to gain the nutrition you need to supplement your active lifestyle quickly and conveniently. Combined with a healthy diet, sports nutrition can help anyone to improve their performance and feel their best. Follow these five sports nutrition steps while based at home:

## Step 1) Look after your mental wellbeing

It's important to keep your mind focused and to look after your mental wellbeing when you are based at home. Your sports nutrition can help you to be focused and feel your best. Vitamin B12, also known as cobalamin, is a water-soluble vitamin involved in the metabolism of every cell of the human body. It contributes to normal psychological function, along with vitamin B6, vitamin C, niacin, magnesium, folate and biotin. These are all important parts of your sports nutrition intake.



## Step 2) Make sure your diet is varied and healthy

Sports nutrition is designed to support a healthy diet. Speak to a nutritionist or dietitian for more information on the best foods to consume. Feeling your best is about looking after your body and what you put into it.

## Step 3) Your sleep is important

Sleep is always important to your health and ensuring you feel as good as you can. Sticking to a schedule can be helpful as well as choosing the right sports nutrition products. Chloride and lactase enzymes can also help your normal digestion. A strong daily workout routine can also help you to sleep. Finally, try not to eat just before going to sleep. This will help you to fall asleep easier.





## Step 4) Make sure you get enough vitamins!

Vitamins are nutrients required by your body in small amounts to carry out hundreds of functions, including converting food into energy. Most vitamins are not produced by your body, which means you'll need to gain them from food sources, as well as sports nutrition and supplements.

The vitamins in sports nutrition products can help you in lots of ways while you're based at home. Firstly, they can support your immune system. Sports nutrition products that contain Vitamin A, B12, B6, C, D, Copper, Folate, Iron or Selenium can help to support your immunity at this difficult time. Secondly, Vitamin D contributes to the maintenance of bones and normal muscle function. Since we get vitamin D mainly from sunlight, vitamin D supplements would be beneficial if you're unable to leave your home.

## Step 5) Think creatively about your exercise at home

Just because you're home, doesn't mean you can't stay fit! The internet is full of useful articles, books and videos on home workouts that you could follow, from yoga to HIIT to strength training, that only require you and a small open space in your living room/bedroom/kitchen or even a small studio flat! Just make sure you tailor your sports nutrition products to your favourite type of exercise.

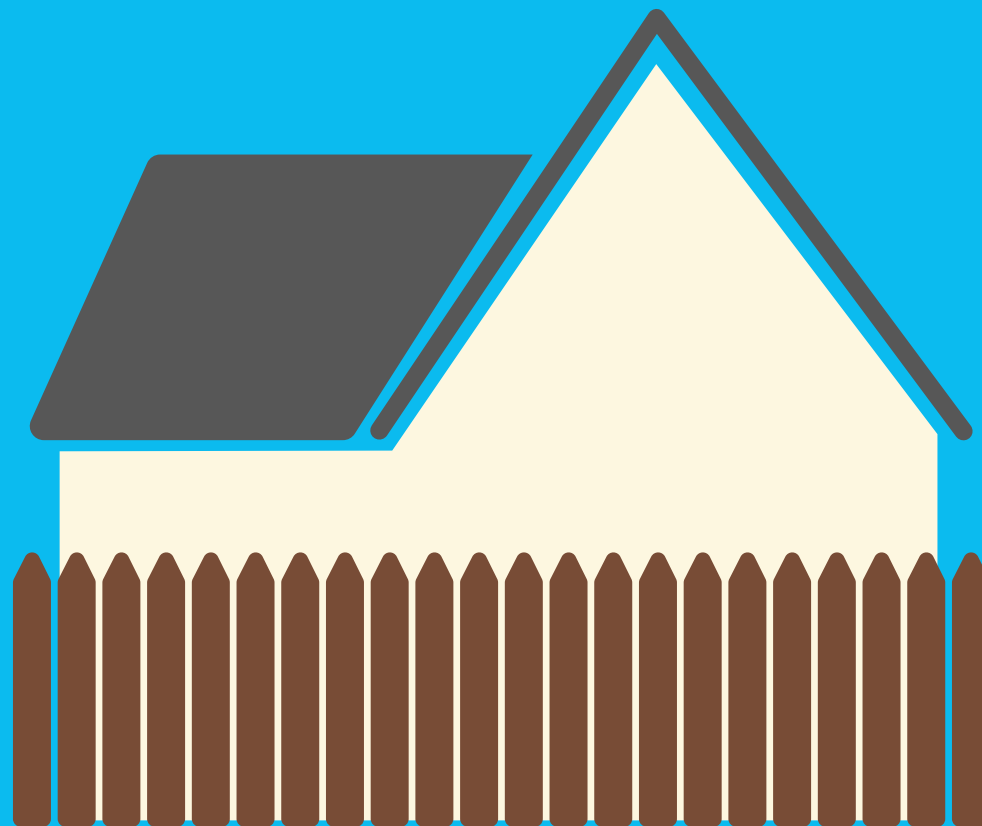


# Select the area you want to improve for more information:

It's always important to stay hydrated throughout your exercise. Just because you're working out at home does not mean you'll be sweat-free. Much the opposite, home-based workouts should make you sweat, which means you could be losing important nutrients that sports nutrition products can help to replace. All sports drinks that contain electrolytes will help to replenish the water and minerals you lose through sweat and magnesium can help to balance these important minerals.

**Don't forget...**

**Scroll over the  
checklist for more info**



ESSNA is the European trade association for any company operating in the sports nutrition sector. Our membership covers the whole sports nutrition supply chain, from the suppliers of top quality ingredients right through to the brands that turn these ingredients into innovative products and the retailers that sell them. For more information or support, please contact us by emailing [info@essna.com](mailto:info@essna.com) or check out our Facebook and twitter accounts.

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