

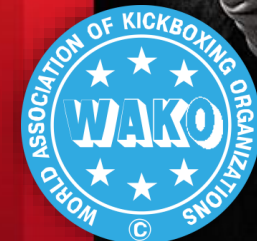
Sports Nutrition for WAKO Kickboxers!!

Thanks to Mr. Santosh Agrawal for
organizing this webinar & always
supporting the Kickboxing community!



My Qualifications in a Glimpse!

- B.Sc. with Master's in Biotechnology– K.C College, Mumbai
- MBA degree in Marketing from MET College, Mumbai.
- **Post-Graduation** in Sports Science, Exercise & Fitness Nutrition – SNDT University – **University Topper**
- **Specialist in Sports Nutrition** from International Sports Science Association – USA
- Sports Nutrition Specialization from **Oxford College** – UK
- Certified in Nutrition Foundation & **Sports Nutrition Specialisation courses** from Exercise Science Academy (ESA) & **American College of Sports Medicine (ACSM)**
- **Certified Diabetes Educator** from Dr. Pradeep Gadge's Institute of Diabetology – Mumbai





To begin with.....

Trust me, it will be interesting..

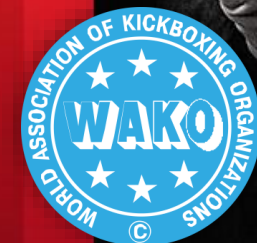
- Kickboxing – Know the Game
- Physical & Mental Impact
- Kickboxers Nutritional Challenges
- Sports Nutrition – True Solution
- Doping is a STRICT NO!!
- Lets listen to the Science
- Testimonial of a Happy Boxer
- Q&A Session



Kickboxing - The Game



- Hybrid Mixed Martial Arts - since 1960's
- **Dynamic Combat & Full Contact Sport**
- High Paced, High Intensity Action
- 10-12 rounds of 2-3 minutes- unless you knockout!!!
- **Punches in Bunches & Kick to Trick**
- multi-limb & multi-muscle movement
- **Growing Sport - on its way to the Olympics!!!**



Physical & Mental Impact

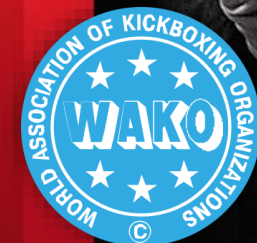
Physical Attributes:

- Strength & Power
- Endurance & Cardio vascular Conditioning – HR ~180
- Stamina to resist Fatigue –Lactic Acid Clearance
- Technical Skills – Agility with max punches & kicks

Mental Attributes:

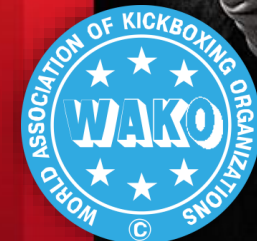
- Stress of the game
- Willpower to last the Fight!
- Strategizing the Victory Game Plan!
- Reading the Opponent – Capitalize on his mistake
- Focused Fight

Brain-Body Coordination – FAILS WITHOUT NUTRITION!!



Kickboxers Nutritional Challenge..

- Imbalanced Fat Burn vs. Muscle Gain Goal – Focus on just protein?
- **No Attention to Pre-During & Post Game Nutrition** – less recovery, lesser training capacity & least performance efficiency
- **Fitting in the Weight Class/Making weight** – extreme harmful measures
- No Focus on Micronutrient Deficiencies – calcium, iron, Vit D, B12 etc
- **Dependency on Supplements** – “Look & Feel Factor”
- Voluntary/Involuntary Dehydration – 2%↓ in water = 10%↓ performance
- **NO INDIVIDUALIZED SCIENTIFIC APPROACH**



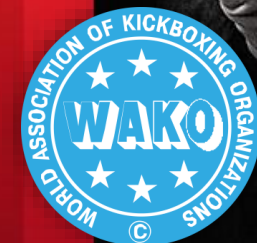
So the Difference between winning or loosing a match...

Frequently comes down to a lost few punches—
often the result of exhausted physical & mental state decisions

- Margins of great victory across tournaments can be as low as 2-3 points

So If there was something that you could do to keep you from missing those punches, wouldn't you be interested?

Sports Nutrition can impact both aspects positively



Sports Nutrition

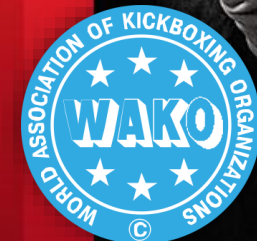
- One True Solution

- Successful athletic performance is a combination of proper training & a sensible approach to nutrition

Sports Nutrition: Integration & application of scientifically & evidence based nutrition & exercise physiology principles that support & enhance training, performance & recovery

Branches of Sports Nutrition

- Foundation Nutrition | Training & Pre-Game Nutrition | Performance Nutrition | Post Game/Recovery Nutrition
- ***If you train like an athlete, you need to eat like an athlete***



Nutritional Strategies for Kickboxers..



Consistency & Discipline

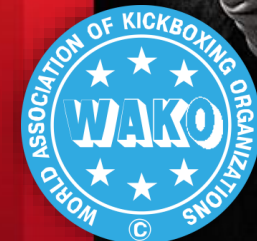
- Mistakes are Natural
- Managing Stress & Failure
- Periodization Approach
- Set Realistic Goals - SMART
- Look beyond the Scale!

Balanced Meals

- Customized Meal Plans
- Sensible Portions
- Train the Gut
- Food First Approach
- No Starvation
- Smart, Informed Choices

Eat, Play, Perform

- Energy to match training intensity
- Bio-Chemical Analysis
- Avoid Micro-deficiencies
- Supplement Guidance
- Protein for Recovery
- Healthy Fat Foundation
- Don't forget your Sleep



How do the Kickboxers benefit?



- **Aids you train harder & longer** – improved energy levels
- **Delays onset of fatigue & tiredness** – “hitting the wall”
- **Maintains a healthy immune system** – prevent cold/cough, URTI.
- **Injury prevention** – recovery foods & vitamin sufficiency
- **Enhance muscle healing & recovery** – complete protein provision
- Prevents crash dieting, poor rest & dehydration
- Helps with focus & concentration
- Improves overall performance on the final day!!!

“Performance Nutrition” every day, not just competition day



So
Is Training
along with correct
Nutrition enough
for my
Performance??
YES, YES & YES

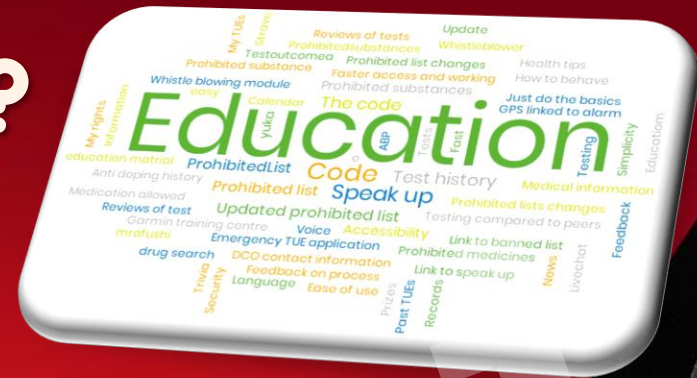


Then Why do Athletes Dope?

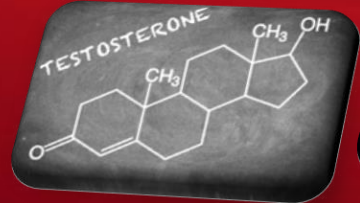
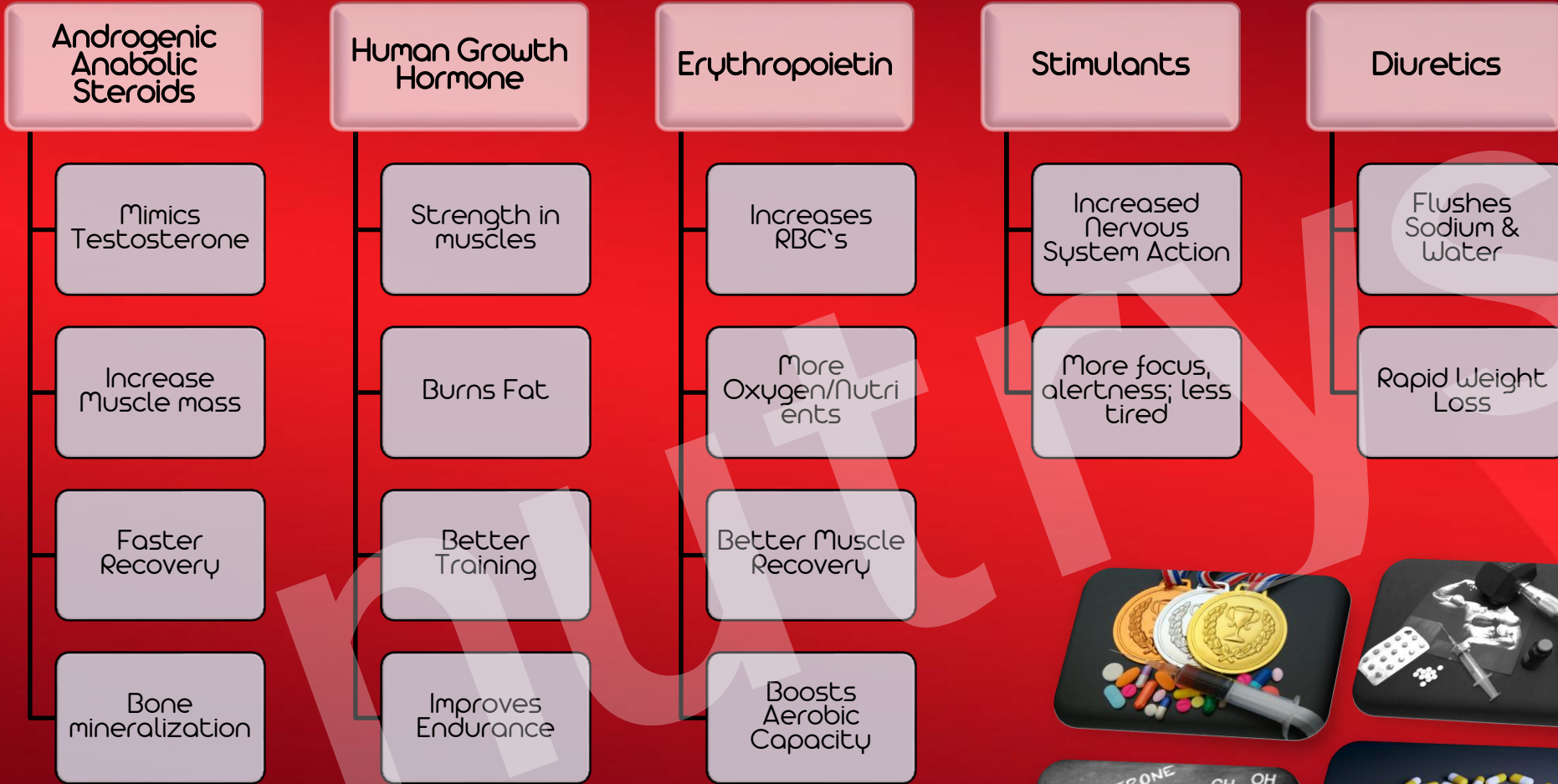
The term “doping” refers to the use of prohibited medications, PED'S, or treatments by athletes with the intention of improving athletic performance.

What tempts the Athletes to Dope?

- Ignorance or Lack of Knowledge
- Amateurism to Professionalism
- Drugs – miracle potion for success
- Fame, Fortune, Power & Money
- To cope with Stress & Injuries
- Pressure from peers, family, friends & Influencers
- Zero Patience, Direct Results
- Easily susceptible to marketing gimmicks of big brands!

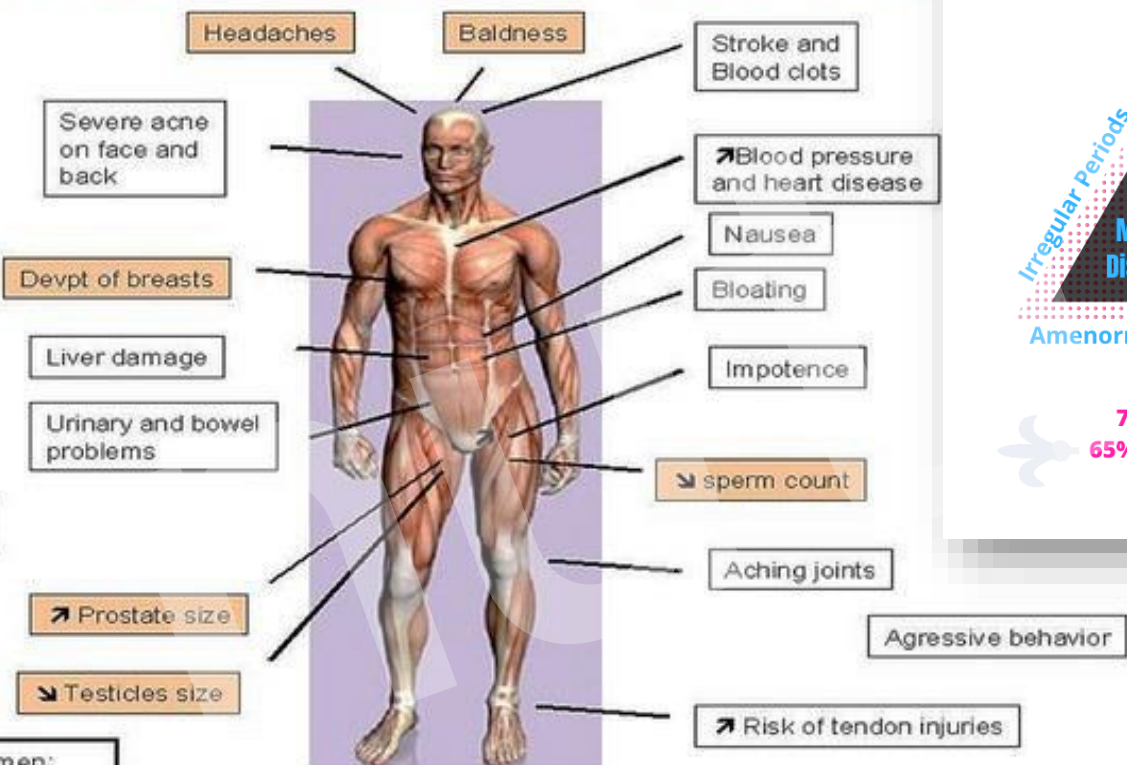


Prohibited Substances - "No means No"



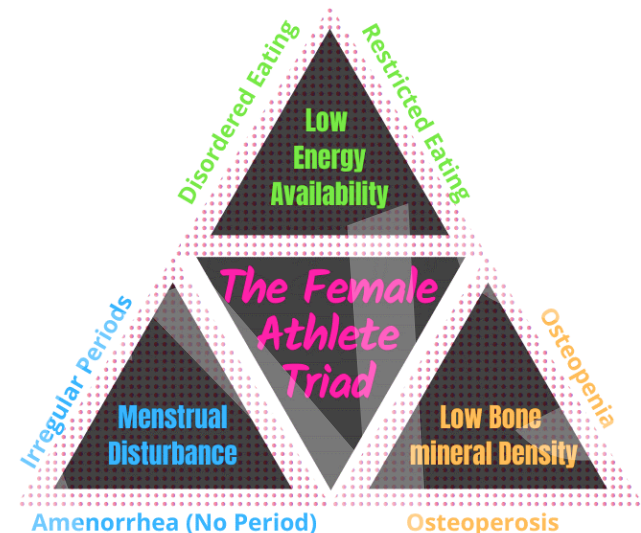
You can't escape their Side Effects..

The Side Effects Of Steroid



- Troubles in women:
- ↓ breast size
 - ↑ clitoris size
 - ↑ facial and body hair
 - Deepened voice
 - Menstrual problems

- ☐ Side effects in men
- ☐ Side effects in men and women



78% of Female High-School Athletes
65% of Female High-School Non-Athletes
Meet The Criteria For Diagnosis

If you doubt it,
don't take it!



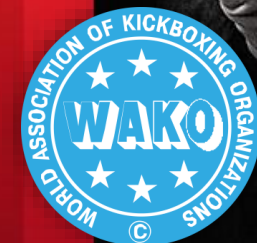
WADA code – Doping is strict NO!

Compliance with WADA Prohibited Items & Methods List

- Athlete is responsible for everything that enters his/her body
- Athlete is obliged to submit samples anytime requested
- Any violation, tampering or failed test – punishment & suspension from sport

Understand, Respect & Honour the code cause –

- Drugs threaten athletes health
- Drugs threaten the integrity of the sport
- Unfair advantage – cheating your way to success
- Athletes are role models to many youngsters
- Illegal drugs use – Legal concern





Delivering the
right message
at the right
time



Elite athlete



National athlete



Junior athlete



Youth athlete



Children

**Sports just don't build
Character, they reveal it too!!**

Lawyers/
Agents

Parents

Peers

Coaches

Sponsors



Administrators

Physicians

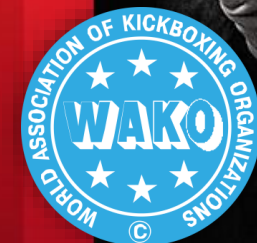
Let's Listen to the Science...

The long term training program, combined with proper nutrition, are the key factors for achieving greatness. Ensuring the fuel for body workout with the optimum composition in macro and micronutrients will support the intense effort that a kickboxer has to perform in order to increase his personal fitness level, flexibility, aerobic and anaerobic capacities.

The training, nutrition and physical conditioning programme: a challenge for kickboxing athletes to achieve athletic greatness- Timișoara Physical Education and Rehabilitation Journal -March 2020

This study found inadequacies in the consumption of macro and micronutrients. Since fighters have a higher energy expense and metabolism rate, such deficiencies are a cause for concern, as proper nutrition is essential for physical growth and sports performance. In view of this, the importance integrating a nutritionist along with the rest of the sport professionals working as technical trainers, physical trainers, doctors, physiotherapists and psychologists is verified, in order to properly educate athletes and their coaches on proper nutrition and its beneficial effects on athletes' body composition and physical performance.

Dietary intake in kickboxing fighters - by Authors - Article in Brazilian Journal of Development - May 2021



Directly from a Kickboxer's Mouth...

“Kickboxing is a gruelling sport where my power, strength & stamina are constantly tested. With correct guidance from Shruti, I now know the importance of refuelling my body with accurate sport specific foods that help me train harder, recover faster & perform better every time. I cannot emphasize enough on the significance of appropriate nutrition, which acts as my internal defense against any fight or fighter.”

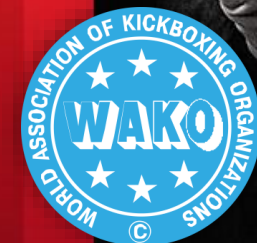


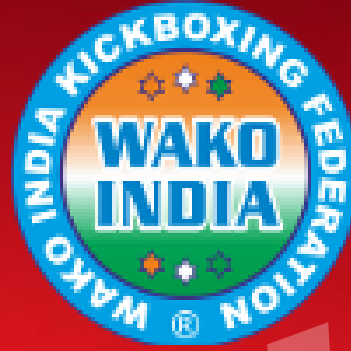
Savin Shetty – Kickboxer

Won Gold in Muay Thai Nationals (2018)

Bronze in IFMA Muay Thai Asian (2017)

Silver in Muay Thai Nationals (2017)





**Sir Santosh Agrawal,
Dr. Shatayu Aggarwal**

**& all respected members of
The Medical, Health
& Anti-Doping Committee**



Its time to ask your Questions
& also give your Suggestions!!



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