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Guidelines on Specific Nutrients Needs of Senior Athlete by [Johnstuard](#)

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In modern times more and more people are becoming health conscious. It is more important for the Senior Athlete to be health conscious for remaining physically fit and healthy. Reports provided by various health experts have shown that consciousness towards fitness is becoming a growing trend among the aging athletes. It is to be noted that different sports have different levels of seniority and on the basis of this it is decided who is a Senior Athlete. In some sports a player above 30 years of age is considered as senior while in some sports player of 50 years of age is considered senior.

The nutritional demand of an athlete largely depends on his or her age. It is very important to remember that the nutrition that is needed at a young age will not be required later. It is essential to note that special sports events are organized for the athletes to play and that is why they have to maintain their fitness in a proper manner. Along with maintaining fitness it also becomes important to take care of nutritional requirements. In recent times many professional training centers have come up where a Senior Athlete can get proper training to maintain the fitness of their body and good health. These training centers also provide diet charts for the athletes so that they are able to get the required nutrition without losing much weight or putting on extra weight.

A Senior Athlete has to follow a regime of special exercises and training schedules in order to keep up their capacity to work hard because they can get tired fast or strain the muscles and bones of their body. As a result they may have joint pain like knee pain or hip pain. In order to cure such joint pain they may also have to undergo surgeries like knee replacement, hip replacement, etc. However, with proper training schedules a Senior Athlete can maintain a good body along with high level of fitness. There are different exercises which can help in his or her psychological well being and help in fighting various chronic ailments.

The most important thing which must be considered while providing physical training to a Senior Athlete is age. Secondly, the training regime chosen for him or her should not be rigorous and should be done under the supervision of a trained instructor. Thirdly, it is better to consult a doctor before starting any training session to avoid any kind of physical problems.

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