

Energy suppliers and physical activity

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Abstract

Although modern life is stressful, it is also sedentary. It offers many labour-saving conveniences which enable people to do their work without much physical exertion. However, physical activity on a regular basis, accompanied by a balanced diet, brings along an impressive list of benefits. This becomes longer as new discoveries are made. During physical activity, the human body shows physiological and biochemical features. They justify its specific needs, which are sometimes different from those of the average individual. The present paper approaches these energetic and nutritional needs, which can influence performance in sport.

Key words: sport, nutrition, diet, energy substrata.