**Malnutrition**

**Malnutrition** is lack of proper nutrition. We get nutrition from the different foods we eat. If we are not able to have enough to eat, or we are unable to eat enough of the right things, we will become malnourished. However, this is not always the case. Some people will eat enough of the right foods but still become malnourished because their bodies are unable to process the food, and use the nutrients as they are supposed to. This can have a serious impact on somebodies health, and lead to different kinds of illnesses.

Malnutrition can also effect sports participation and performance. If they are not getting the right nutrients, they will constantly feel weak and fatigue easier when taking part in sport.

**Undereating** means to eat less of the required amount of food. This results in us getting less nutrients than we need. The effects of undereating can have different effects, both emotionally and physically.

It can affect exercise and sports participation because without enough nutrients in your body, you cannot function properly. An example of under-eating affecting exercise and sports participation, is the lack of nutrients in your body limits your bone growth and strength. This gives you a higher risk at fracturing a bone, therefore limiting your exercise and sports participation. Without receiving the correct amount of nutrients, you will become lazier and feel tired all of the time, meaning you will not want to play sport or be able to perform well if you do.

**Over-eating** is eating too much food or eating too much of the same food. This can affect exercise and sports participation because over-eating can lead to becoming over-weight and less physically able. Over eating can cause high cholesterol, diabetes, heart disease, hypertension (high blood-pressure), kidney disease, arthritis, bone deterioration and occasionally strokes.

This can limit your ability to participate in sports due to the restriction of movement. Being overweight will cause a lot of discomfort and breathing difficulties, which will make people less likely to participate. You will also feel more tired. It can also effect somebodies confidence. They may feel embarrassed of their body so they do not want to take part in certain things because of their low self-esteem.

**Dehydration** occurs when your body loses too much fluid and then does not have enough to function properly. This can have a major impact on sports participation, because athletes lose a lot of water through sweating.

Lack of water before, during and after exercise can lead to illness. Symptoms include, feeling very hot and getting headaches, feeling dizzy and possibly fainting. Dehydration can even lead to death. It is important to hydrate and remain hydrated throughout to be able to perform well and help the body function properly