**Nutrition and pain**

**1.**

**2.**

Probably you work longer days, but is it possible to changes this? If the result will be better score in your competitions?

**3.**

To show the importance of having a goal, to plan all your training, eating, resting etc.

**4.**

Needed for: growth, development, and repair and maintains of body tissues.

Provides structures to muscle and bone, repairs tissues when damaged and helps immune cells fight inflammation and infections.

**5.**

Provide energy and fuel the body (in same way gasoline fuel a car)

Energy allows the body to do daily activities as simple as walking and talking and as complex as running, moving heavy objects and ride a horse.

Even at rest the body needs calories to perform vital functions such as maintain body temperature, keeping heart breading and digesting food.

**6.**

Provides structure to cells and cushions' membranes to help preventing damage.

Absorbing vitamin A – a nutrient important for healthy eyes and lunges.

**7.**

The social media is all about how we should eat. What is best for you??

**8.**

If you keep it simple, and follow this kind of rules, you will stay healthy.

Have you ever been to hungry to concentrate?

“I just need a chocolate because my insulin is to low?”

If you plan you meals, as we plan for the horses, you will stay stabile and preform in a better way everyday.

Talk about how you can do this in practice – is it possible? Why/why not

**9.**

It is a lot of things to remember in life – that’s why god habits are so important.

**10.**

Just a funny example of why we not should trust the advertise. Is it possible that all it says is truth?

Don’t believe in all you see. If it is to good to be true, it is not true.

**11.**

To discuss together. If time find answer in you own country.

At 2018 the answer from GB was like this:

Yes, a lot of them

To rigid movement as riders.

Lower back, neck and knees

The riders answer no.

Mostly painkillers, some treatment for short periods.

More pain, not able to ride

Basic training.

**12.**

This is why it is important to have a training diary for you as an riders as well for the horse. Then it will be possible to find numbers and make statics and the scientists will find solutions.

**13.**

Do you have pain?

What do you do to avoid pain?

We need to act more like athletes to take care of our body. We need to treat our selves in the same professional way we treat our horses.

**14.**

So the rider need basic training to prevent pain, also as an factor to preform better over time.

Question for the students to discuss: How will you as a trainer implement the topics from Riders Performance in your teaching?

**15.**