

IMMUNE HEALTH

Avoiding infection and maintaining immune health in athletes.

Athletes frequently encounter challenges to immunity including heavy exercise; life stress; sleep disruption; environmental extremes, long-haul travel and nutritional deficits

10 Top Tips



Avoid sick people, particularly in the autumn-winter



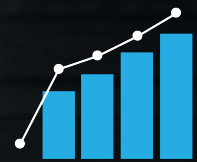
Good hand hygiene & appropriate vaccination



Avoid self-inoculation (touching the eyes, nose & mouth)



Do not train or compete with 'below-the-neck' symptoms



Monitor/manage all forms of stress (physical & psychosocial)



Carefully manage training load



Plan recovery weeks



Aim to sleep for at least 7 h per night



Replace overly long training sessions with shorter, frequent training impulses



Eat a well-balanced diet (avoid chronic low energy availability)

Walsh, N.P. (2018). Recommendations to maintain immune health in athletes. *European Journal of Sport Science*, 18(6), 820-831.



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