

## I Workshop - Nutrition for athletes

April 28th 2020

Termas do Carvalho – Castro Daire

Workshop organized within the event *PORTUGAL MTB 2020 - TO BE AWESOME* in concert with the Castro Daire Municipal Chamber and includes the participation of Sports Nutrition specialists and international athletes.

### INTRODUCTORY NOTE

The Sportspersons of all levels always aim to go further and faster with the help of food. Since ancient classics people eating certain foods or animal parts have been consumed as an "aid" to physical performance.

These superstitions reached practically until the 20th century, where the scientific development of biochemistry and the physiology of the effort associated with better knowledge of the composition of food allowed the appearance of a scientific basis to advise all those who aspire to overcome themselves physically through training and feeding.

Despite the enormous production of scientific knowledge, practitioners at all levels are today confused by a lot of poor quality information, namely through digital platforms, where alleged specialists, covered by commercial interests, promote products or food strategies without a scientific basis.

It is with the intention of presenting a set of scientifically based guidelines for those who support and those who practice sports that the organization of PORTUGAL MTB - TO BE AWESOME invites two national experts in this area to intervene in the 1st Workshop on Nutrition for Athletes. Will be addressed issues such as supplementation, protein and carbohydrate consumption, before, during and after the physical effort, in general, the role of food and nutrients in physical performance.

### PARTICIPATION

Registration for the workshop is free, automatic for participants in PORTUGAL MTB 2020 - TO BE AWESOME, but not mandatory and open to sportspeople of all levels, to sports agents and others interested in the theme, upon registration through the event's website.

### PROGRAM

The Mayor of Castro Daire, Dr. Paulo Almeida, spoke at the opening session scheduled for 5:30 pm, together with the Director of Portugal MTB André Duarte.

From 6 pm, in a partnership with PROZIS (world leader in nutritional supplements for sportspeople), a specialist intervention follows (name to be indicated), under the theme "The importance of nutrition in sport".

Between 6:30 pm and 7:00 pm, there is a period of discussion about the topics presented by the specialist in Sports Nutrition, moderated by Dr. Pedro Pontes, Councilor of the Municipality of Castro Daire with the Sports Department.

Starting at 7 pm, with moderation by Hugo Águas (Official Speaker of the event), the athletes Tiago Ferreira (former World Champion and European Champion in title, in the MTB modality) and Vitor Gamito (ex. Olympic runner, winner of the Tour of Portugal) will intervene Portugal and former sporting director of a professional cycling team), which will make known various aspects of their experiences as top-level athletes.

The closing ceremony, scheduled for 7:30 pm, will be attended by the Mayor of Castro Daire and General Director of PORTUGAL MTB 2020 - TO BE AWESOME.

### EXPOSIÇÃO

In a space adjacent to the auditorium where the seminar will take place, specific products will be on display, under the responsibility of PROZIS, the european leader in nutrition products for athletes.