

Introduction

What does David Haye, Venus Williams and Carl Lewis all have in common? Aside from being elite athletes whom at one stage or another have dominated their respective sports, each of these individuals have achieved their phenomenal success whilst living on a vegan diet.

According to figures from the Vegan Society, the number of vegans in the UK has risen by 350%, whilst research company GlobalData claims veganism has grown by as much as 500% in the United States in just three years. This reflects the substantial growth in the amount of people around the world converting to a plant-based diet in recent years. However, when it comes to nutrition many people have questioned how it is possible for a vegan athlete to sustain a protein-rich diet necessary to aid muscle recovery. The “Nutrition Technician”, Lisa J Lowery-Jones, tackles fact and fiction in order to provide useful advice on achieving success using a vegan diet.

This expert guide also discusses another important aspect of nutrition for athletic performance. In Sarah

Kirkham’s article about hydration we learn that just 4% dehydration can affect athletic performance by up to 25%. Sarah offers helpful guidance on how much hydration is enough whilst also outlining the different benefits of hypotonic, isotonic and hypertonic drinks. For day-to-day hydration, Sarah also provides useful tips for meeting your fluid needs.

Also in this edition, Christopher Holland, Senior Lecturer in Sports Therapy at the University of Worcester, shares his expertise in discussing joint mobilisation in the treatment of lateral ankle sprains – one of the most common lower extremity injuries within the physically active population. We also interview Dragos Luscan to learn more about his work as a personal trainer and wellness & physical coach. The former professional handball player in the Romanian National League has since worked as a physical coach for the national team and has also helped guide tennis superstars, Horia Tecau and Florin Mergea, to medals at the Rio Olympic Games in 2016.