

Essential micronutrients for fitness

How micronutrient ratios impact your fitness and performance



We often focus on proteins, fats, and carbohydrates in fitness. But **Micronutrients—Vitamins and Minerals**—are just as important for your overall health and fitness. Getting the right balance of these nutrients can boost your performance and recovery.

- **Why micronutrients matter**

Micronutrients support vital functions like metabolism, immunity, and energy production. For active individuals, the right micronutrient balance can enhance workout results and overall well-being.

- **Key micronutrients for fitness**

1. **Vitamin D:** Supports bone health and helps absorb calcium. Get it from fatty fish, fortified dairy, and sunlight.
2. **B Vitamins:** Essential for energy and red blood cell production. Found in eggs, lean meats, and leafy greens.
3. **Iron:** Important for oxygen transport and preventing fatigue. Sources include red meat, beans, and fortified cereals. Pair with Vitamin C for better absorption.
4. **Magnesium:** Aids muscle function and recovery. Found in nuts, seeds, and whole grains.
5. **Calcium:** Crucial for bones and muscles. Get it from dairy, leafy greens, and fortified plant milks.

- **Tips for balancing micronutrients**

1. **Eat a variety:** Include different fruits, vegetables, and proteins in your diet.
2. **Choose whole foods:** Opt for whole foods over supplements for a broader nutrient range.
3. **Pay attention to your body:** Adjust your diet if you feel tired or unwell.
4. **Review regularly:** Adjust your intake based on your training and recovery needs.

Conclusion

Micronutrients might not get as much attention as **Macronutrients**, but they play a key role in fitness. A balanced intake of these essential nutrients can improve performance, speed up recovery, and support overall health. Aim for a varied, whole-foods diet to meet your micronutrient needs.

In the meantime, Lët'z Roar

