

Vitamins and minerals

Vitamins are important in ensuring that the body runs properly. It is no secret that plenty of vitamins can be found in food like vegetables and fruit. However taking a multivitamin in the morning and after two of your daily meals is also recommended.

A highly concentrated smoothie can be a great and tasty way to get those vitamins into you. All you need is a blender and fruit. You can throw in whatever kind of fruit you like and liquify it into a tasty beverage.

The following are the top 5 vitamins and minerals a runner needs, and where they can be found:

1. Calcium

Uses: Gives the bones strength and keeps them healthy. If you over exercise the bones can result in injuries such as shin splints if you do not take in enough calcium.

Can be found in: Milk, Orange juice, tinned salmon, cheese.

2. Iron

Uses: Enables oxygen to transfer to the muscles quickly and effectively.

Can be found in: Red meat, fortified cereals (cereals with added vitamins and minerals), dried fruit, egg yolks.

3. Vitamin C

Uses: Ensures and protects a healthy immune system, which can be stressed by long periods of exercise.

Can be found in: Fruit such as oranges, strawberries, kiwis and cranberries. Also tomatoes.

4. Vitamin E

Uses: Protects against damage caused to the body from endurance exercises such as long distance running.

Can be found in: Almonds, peanuts, dried apricots

5. Omega 3 fatty acid

Uses: Acts as an anti-inflammatory to protect joints which is important for runners. Also acts as a natural painkiller for sore muscles.

Can be found in: Tuna, salmon, cod liver oil, flaxseeds

One of the most highly recommended multivitamins available at the moment are Seven Seas. These multivitamins contain up to 24 vitamins and minerals per capsule. They are ideal for runners as they contain all the necessary vitamins and minerals for such exercise. It is recommended that you take two capsules a day after meals.