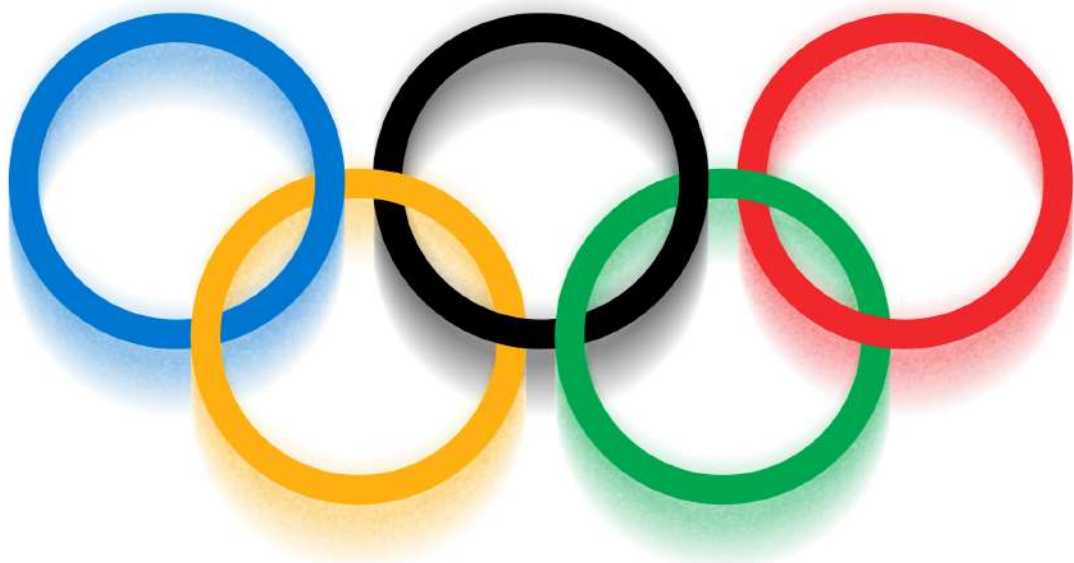


Rapid Chronicle

// August 2024

PARIS OLYMPICS



In this segment, "Rapid Chronicle",
we present the latest developments, insights,
and highlights from the dynamic realm of Rapid Sport Fitness.
Where Training Meets Performance!

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ATHLETES SHOWCASE

ATHLETE SPOTLIGHT



ADITYA GURJAR & SANAT SHETTY

It has been a dream month for Sanat and me. As HUGE fans of the NBA and basketball in general, this month, we booked tickets to Abu Dhabi to watch the exhibition games for team USA's basketball team. In one arena, we got to see some of the best players the game has ever produced: LeBron James, Steph Curry, Anthony Davis, Devin Booker, and more... This was a dream come true to watch them from up close and personal. We grew up idolizing these greats. Sanat has represented Karnataka state multiple times, and I have played basketball for the country at the youth Olympics. To say that basketball is in our blood would be an understatement.

Watching them prepare, suit up, and play on one team was like a religious experience or more like a kid in a candy shop, not knowing which great player to focus on. One of the best decisions we took was to book court-side tickets for the game against Serbia, where we saw another great player in the making (Nikola Jokic) suit up against team USA. With these amazing seats, we got to see a side of the game that could not be seen on TV or through a screen. We got to see the speed, the physicality, and the skill up close, and it was phenomenal.

ATHLETES SHOWCASE

ATHLETE SPOTLIGHT

But one of the best experiences we had was to see these great players warm up and prepare. I got to see Steph and LeBron perform their drills. I could see every movement of theirs: how they shot the ball, the positions on the court that they chose, the movements, and the drills. I could see how they transferred weight from one side to another, which muscles were active and how they leaned their shoulders before they shot the ball. To be honest, I wouldn't have observed this if not for my time at RSF. With the coaches here (Josh, Isaiah, Tarundeep, Mo), I have been working on Plyometrics, weight training, and conditioning. This has given me a new knowledge and appreciation for the game I love. With their training, at age 40, I am able to get back to the basketball court and imitate the moves from my favorite players. I can do this without having any hesitation of injury or hesitation on whether I can do it or not. I have been taught the basics and built up my strength from the ground up.

For most of my initial training as a kid, I never had this knowledge. Sports training and the science behind it have come a long way. I am not going to miss out on that knowledge and continue learning and adding new things to my game. I truly LOVE this game, and RSF has helped me hold onto it for years longer. What more could I ask for.

- ADITYA GURJAR

My journey at RSF has been about 1.5 years now.

Right from day 1, When Rinny Jr told me about trying out the gym, there has been no looking back. The workout split, being more suited to Basketball has helped me in tremendous ways. I've never been fitter, stronger or more athletic than my peak playing days. I feel better on court, with all my training coming allowing me to translate that prowess on the court.

Josh, Isaiah & Mo have been overseeing my training & progress, I owe them a big Thank You. For any hindrances I face, Naveen & Tarandeep have always come to the rescue.

And the best for last, Ice Bath Saturdays for the WIN!

- SANAT SHETTY



ROLE OF NUTRITION IN INJURY RECOVERY

- AAKANKSHA RAO

“Your body is a temple, take care of it.” How many times have you come across this statement? Recovering from an injury isn't just about resting and following doctor's orders. Let's dive into why what you put on your plate can make a real difference.



Food and Rejuvenation

According to a study in the *Journal of Orthopaedic Surgery and Research*, certain nutrients are essential for healing. Take protein, for instance. It's like the building blocks for your muscles and tissues. Eating enough protein helps your body repair itself faster, which means less time side lined and more time back doing what you love.

So, what should you be eating? Here are some superstar nutrients:

- 1. Protein:** Found in foods like chicken, fish, yoghurt, beans, and nuts, protein is crucial for repairing muscles and tissues. Essential amino acids, especially leucine, has the ability to enhance recovery.
- 2. Vitamin C:** This vitamin isn't just for fighting colds. It also helps your body make collagen, a protein that helps wounds heal. It increases its cross-linking and reduces oxidative stress parameters. Get your dose from oranges, strawberries, and bell peppers.
- 3. Omega-3 Fatty Acids:** These healthy fats, found in salmon, flaxseeds, and walnuts, reduce inflammation and support healing.

ROLE OF NUTRITION IN INJURY RECOVERY

- AAKANKSHA RAO

Now that you know the nutrients, here's how to put them into action:

Load Up on Colorful Veggies: They're packed with vitamins and antioxidants that fight off infection and promote healing.

Choose Whole Grains: They provide energy and important nutrients like B vitamins and fiber.

Hydration-the unsung hero : Water helps transport nutrients throughout your body and keeps your tissues hydrated. Don't forget to also supplement with electrolytes such as sodium and potassium. These help maintain homeostasis or a steady state in the body which is needed in order to recover.

Food and Rejuvenation

Recovering from an injury is a team effort, and nutrition is a star player. By fueling your body with the right nutrients, you're giving it the tools it needs to heal faster and stronger. So, next time you're on the fence, think of your meals as medicine—each bite bringing you closer to recovery.

Remember, a balanced diet isn't just about calories—it's about giving your body what it needs to bounce back. So, whether you're healing from a sprain or surgery, make sure your plate is full of healing power. Your body will thank you with a quicker recovery and renewed strength.

Eat well, heal well, and get back to doing what you love sooner. Your journey to recovery starts at the dinner table—so dig in!

The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.



SPORTIVE REFLECTIONS

- CHELSTON PINTO

The Rise of Indian Sports at the Paris Olympics

With a sports budget of ₹3500 crore, accounting for just 0.07% of the total fiscal budget, there's significant potential for growth. Evidence shows that funding directly influences medal success. Initiatives like TOPS and Khelo India are making strides in improving grassroots sports culture.

The progress includes securing top coaches, providing international exposure, and maintaining a good ratio between athletes and support staff. The role of private and not-for-profit sectors, including JSW, Tata, Reliance, OGQ, Go Sports, and the Abhinav Bindra Foundation, has been pivotal. These organizations have boosted funding, mentorship, and infrastructure, with facilities like the Inspire Institute of Sport and the Padukone Dravid Centre for Sports Excellence leading the way.



SPORTIVE REFLECTIONS

- CHELSTON PINTO

Looking ahead, India must view sports as a serious business, not just a philanthropic endeavor. The success model of the US Olympic Committee, which relies on corporate sponsorships and donations, provides a valuable blueprint.

Cricket dominates 90% of India's sports market, but Olympic stars are gaining recognition. Athletes like Neeraj Chopra and PV Sindhu are becoming prominent figures, having multiple endorsements. Billboards featuring Mirabai Chanu, Neeraj Chopra and and Nikhat Zareen reflect this shift.

As India takes part for the Olympics, let's remember that sport teaches invaluable life lessons. Celebrate our athletes not just for medals but for their dedication. Our reaction to their victories or losses will influence the future of sports in India. How we support them now can inspire millions of young athletes!

India will compete in 16 sports: Archery, Athletics, Badminton, Boxing, Equestrian, Golf, Hockey, Judo, Rowing, Sailing, Shooting, Swimming, Table Tennis, Tennis, Weightlifting, and Wrestling.

Viacom18 will broadcast the Olympics on Sports18 Network, with JioCinema offering digital streaming. Events will start post-11 AM IST, with some extending past midnight.

Each one of the 117 athletes along with the support staff have dedicated countless hours to one goal: to be Olympians and to represent our nation with pride. Let's not wait for the media to tell their story. Share their achievements, support them with all your heart, and let our collective cheer be the wind beneath their wings. They may not expect it, but as a nation, we should stand united in our pride and support.





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