

### Nourishing the Student-Athlete: A Single Model for Future Sports Nutrition and Personalized Biological Environment\*

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- ✓ Sport for the student-athlete is everything, their daily routine, providing the occasional medals and teaching life skills. Both **'Academic Ability and Physical Strength'** undoubtedly demands not just food but a high-level of nutritional support, to excel in both their chosen sporting discipline and achievement of schoolwork-completing their university life.
- ✓ This looks at a basic truth of **'food is health'** and **'personalization'** especially true for the young doing sport where nutrition/nourishment directly relates to a sound body and mind, i.e., performance at all levels of life. This basic need of the human body remains unfulfilled. In simple terms, **good wholesome (i.e., balanced, nutritious, to support a sporting body) food and concept of personalization is lacking for many student-athletes.**
- ✓ The authors have actually attempted to run an athlete-centered cafeteria and have worked with universities and research institutions to collect biometric (blood analysis) data (see below image).
- ✓ The students, be it athletes or otherwise, are the generation next of a country, the base for its growth and prosperity. More and more 'sport' (or exercise) is becoming the norm in the 21<sup>st</sup> century essential for a **healthy societal contribution**, and for the student-athlete critical for achieving a highest competitive level.
- ✓ Concurrently, with the nCovid-19 pandemic, we are witnessing a profound impact towards the global economy and lifestyle itself, where **'healthy body and mind'** is the keyword.
- ✓ Despite its importance, few Japanese universities have a clear policy on how to approach the topic of food/nourishment, or as the authors put it in a broader term – **'personalized biological environment'** for athletes, which is of critical importance. Sports/sports team-clubs bring great value to universities both within and outside by the generating trained human resources as its legacy.

### The Ah PROJECT

'FOOD CONNECTS US ALL'

Shall we TALK about the Student-Athletes?

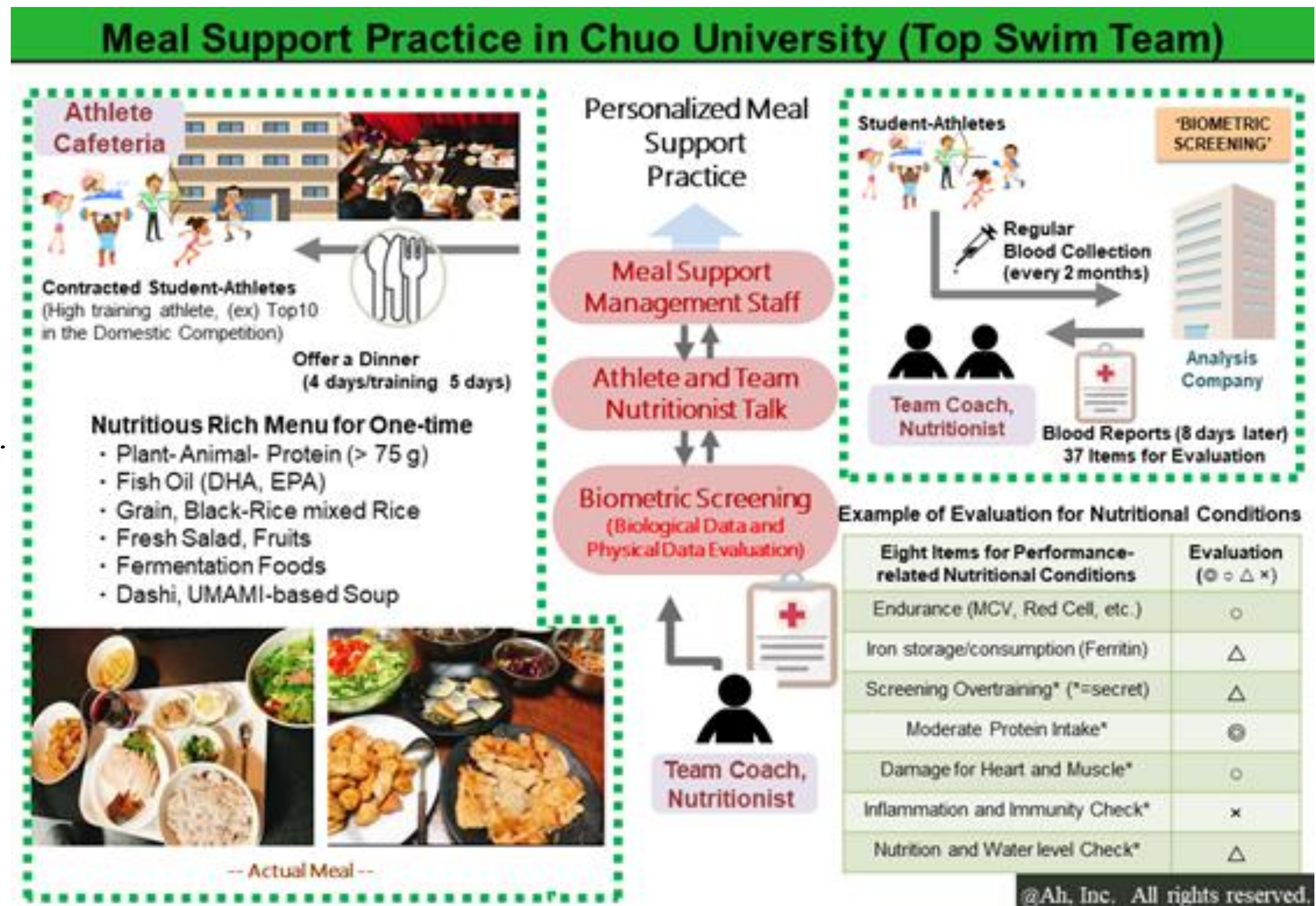
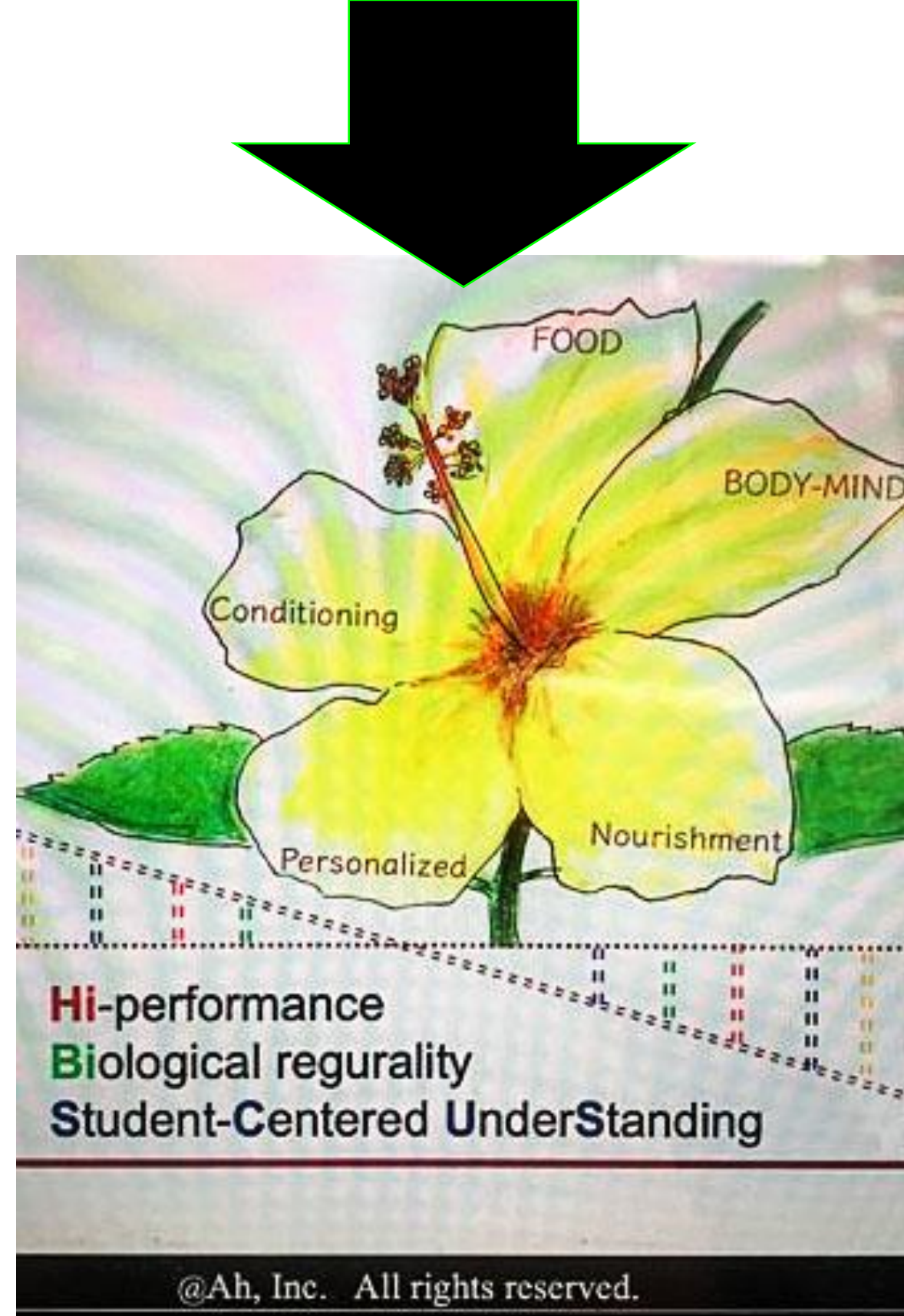
Shall we talk about FOOD?

Shall we talk about HEALTH & WELL-BEING?

Shall we TELL THE TRUTH?

SHALL WE SPEAK, TALK, UNDERSTAND???

IT IS NOW, NOT TOMORROW...



'Integrated/holistic approach to **student-athletes nourishment** (and how it is actually prepared and served) is desired through food management and interlinking nutrition with **'sport science and medicine'** to individual/personalized comprehensive health check-up by using the blood samples and the self-reflection sheet.'

\*This poster article was recently published in Sport and Olympic-Paralympic Studies Journal (SOPJS):Hayashi et al\_vol 5\_p2 [2020].