



Blood Tests

Iron & B Vitamins

One of the most common health issues in male and female swimmers (athletes training multiple sessions per day) is an increased incidence in low (lower than desirable for training) levels of Iron and B Vitamins in the blood. Iron is a vital as part of the body's oxygen/energy transport system. When Iron levels are low swimmers feel tired and lethargic and are susceptible to other illnesses as well as not being able to train at full capacity. Girls are at extremely high risk of low Iron levels with their menstrual cycles and need regular check ups throughout the year. B Vitamins are a vital ingredient in the production of "energy" in the body and without them again swimmers will feel lethargic and not be able to train at their full potential.

For this reason swimmers should undergo regular blood tests throughout the year.

There are a number of ways these blood tests can be approached. Swimmers can approach a "Sports" Doctor directly or can see their local GP and have results referred onto a Sports doctor. The main organisations to contact in regards to Sport specific personal are:

Olympic Park Sports Medicine (OPSM)

Web: www.opsm.com.au

Ph; 1300 859 887

essperformance

Web; www.essperformance.com.au

PH; (03) 8625 0066