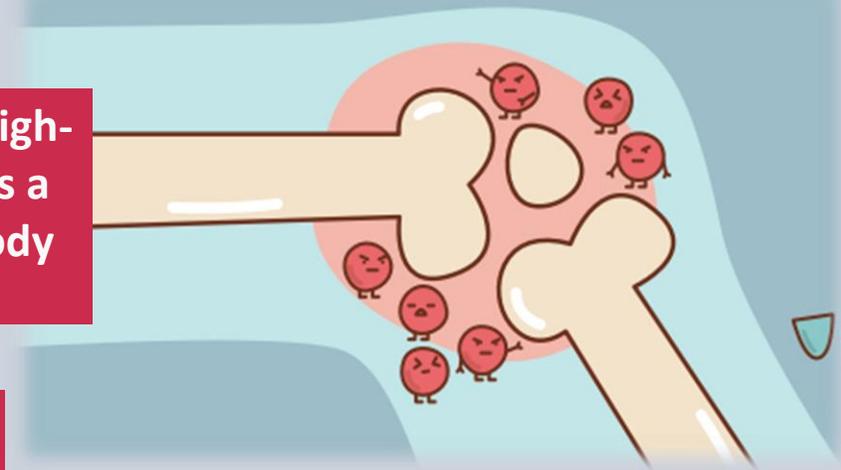


EXERCISE-INDUCED INFLAMMATION



Inflammation is the body's response to injury due to intense physical activity

Acute inflammation is a normal response to high-intensity exercise but chronic inflammation is a long term response that affects the whole body



Chronic inflammation causes:

- Fatigue
- Muscle damage
- Soreness
- Limited muscle growth and training progression
- Increased muscle loss

Combatting chronic inflammation may enhance recovery and reduce soreness

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