

**Title of the Abstract:**

**Recovery Nutrition Knowledge of Hong Kong Athletes**

**Authors (Initials first) & Position:** (Presenters who are students at the time of congress please enter "Student")

- (1) WC Chan, Senior Dietitian
- (2) HY Wu, Dietitian
- (3) WY Lam, Student

(1) Name of main author (*must be placed at the 1<sup>st</sup> roll*)

**Names and addresses of Organizations:**

- (1) Dietetics Department, Queen Elizabeth Hospital, Hong Kong
- (2) Dietetics Department, Castle Peak Hospital, Hong Kong
- (3) Student, Food and Nutritional Sciences Programme,  
The Chinese University of Hong Kong

(1) Title of main author must be placed at the 1<sup>st</sup> roll

**Abstract (no more than 300 words):**

**Introduction**

Optimal recovery after exercise is crucial for enhancing performance in subsequent training or competition, particularly for athletes who engage in two or more sessions each day. There are many modalities that can aid recovery such as hydrotherapy, massage, and sleep. Nutrition also plays an important role in an athlete's recovery strategy. The purpose of this study was to evaluate the recovery nutrition knowledge of Hong Kong athletes.

**Methods**

A total of 723 (male = 432; female = 291) athletes of various sports completed a questionnaire identifying their perception of different recovery strategies, their level of recovery nutrition knowledge and factors affecting their nutrition recovery strategies.

**Results**

The majority of athletes (86.6%) used at least one recovery strategy after exercise; however among these respondents only 16.2% ranked that nutrition was an important recovery strategy. Most athletes (52.1%) stated that cool down and stretching was the most important recovery strategy. Less than 70% athletes used nutrition as a part of recovery strategy and among these respondents 88% consumed food or nutritional supplement within 60 minutes after training or competition. About 32% athletes stated that fluid was the most critical nutrient to recovery followed by electrolytes (26.0%) which was also reflected by the use nutritional supplements for recovery; about 43% athletes used sports drinks for recovery, followed by recovery drinks (23.4%). The common reasons that prevented athletes from eating after exercise were tiredness (36.7%) and no appetite (27.5%). An alarming 20.8% of athletes were not concerned about anti-doping issues when using nutritional supplements for recovery.

**Conclusion**

Hong Kong athletes were unaware of the importance of nutritional recovery strategies and that the majority of athletes only focused on fluid replacement after exercise. Moreover, inadequate knowledge on anti-doping issues was a concern. Therefore, sports nutritionists need to improve the education provision of nutrition strategies for optimal recovery.

Sample