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Master athlete is an athlete who is over 35 years old and competitive. These athletes are also known as veteran athletes. The competitors are divided in five year age groups. An athlete over 50 years of age is a senior athlete. The athletes participate in track and field, road running, marathon running and throwing events. 50 years old athletes also participate in Olympic Games.

The baby boomers of all over the world are gaining interest in wellness, health and anti-aging. This growing interest of the baby boomers is the reason behind the production of these athletes. The senior Olympians suffer from fewer chronic disease and exhibit superior level of functional capabilities. These veteran athletes enjoy a high quality of life and high level of physical and mental condition. They have become the best role model of successful aging.

## Aging Actively

The number of people over 65 is likely to grow in the coming years. These seniors might be retiring from their respective job but it is not healthy to retire from physical activity and sports games. The continuous encouragement from athlete trainers, marketing firms and physicians give rise to the overflowing master athletes. Many senior athletes indulge them aggressively in physical activities with an advanced age.

## Endurance Power

The athletes of this age are systematically trained to compete in organized sport events which are specially designed for the adults. They are strictly motivated to take part in running, rowing and swimming to increase their endurance power.

## Physical Conditioning

The senior athletes take regular strength training activities to stay fit and healthy for the sport events. Sometimes they hire professional physical trainers to get the proper training guidelines. The trainers helps them to regain their muscle mass and strengthen their functional muscle groups. The physical conditioning improves their balance, power, coordination and also increases their performance potentials and injury protection.

## Proper Nutrition

This physical condition at an old age is impossible to achieve without proper nutrition. The nutritionist helps to plan the proper diet for the athletes. The nutritionist prescribes the right amount of calorie, vitamins and nutrients. They aim to create the eating habits and try to prevent adults from illness and disease. A proper healthy body has adequate hydration levels which enables them to perform at higher levels. Other times they break the micronutrient ratios to insert carbohydrates, fats, and proteins to match the requirements of the athletes physic. In addition the specialized meals create extra energy for the adult athletes.

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John stuard who is a freelancer writes articles on a [master athletes](#) and a [senior athletes](#) . For more information on it he suggests to visit a <http://drsheinkop.com/>.

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