# Omega-3 Benefits for Athletes

This playbook describes the potential benefits of omega-3 fatty acids for athletes, highlighting their effects on reducing inflammation, improving heart health, and enhancing brain function.

### Step 1: Inflammation Reduction

Understand how omega-3 fatty acids can help in reducing inflammation post-exercise. Omega-3s, found in fish oils and plant sources, produce substances called resolvins and protectins, which help to bring inflammation back to normal levels after exercise-induced muscular damage.

### Step 2: Heart Health

Explore the impact of omega-3s on cardiovascular health. Regular intake of omega-3 fatty acids can lead to improvements in heart health such as reducing triglycerides, lowering blood pressure, decreasing blood clotting, and reducing the likelihood of heart attack and stroke.

### Step 3: Brain Function

Investigate the cognitive benefits attributed to omega-3 fatty acids. These nutrients are known to be important for brain health, potentially improving reaction times, mental focus, and reducing the risk of concussions in athletes.

## General Notes

### Sources

Look for omega-3 fatty acids in foods such as fatty fish (like salmon and mackerel), flaxseeds, chia seeds, walnuts, and in fortified foods or supplements.

### Dosage

Consult with a nutritionist or a healthcare provider to determine the appropriate dosage of omega-3 fatty acids, as excessive intake may have adverse effects.