

A Study of Dietary Supplements for Sports and Exercise of People in Udon Thani Province

Thanumporn Thonglong (M.Sc)^{1,*}

¹Sports Science Program, Faculty of Science, Udon Thani Rajabhat University, Thailand

*Corresponding author: e_pi_@hotmail.com

Abstract

Introduction: The purport to study the behavior of dietary supplements for sports and exercise of fitness users in Udon Thani province. On the issue of education Meaning, Factors, Timing, and Benefits of Dietary Supplements for Sports and Exercise.

Methods: This research was the qualitative research. The study was done at the Fitness center in Udon Thani province. There were 20 key informants who exercise in the fitness and dietary supplements for at least 3 months. The data were collected by in-depth interview. The content analysis was used for data analysis.

Results: A result is meaning is a food that helps build muscle to increase muscle mass and Helps repair muscle or body wear. Factors affecting the dietary supplements depend on the persuasion of friends or trainers and the needs of the individuals who choose to consume supplements. The timing of food supplements. People who exercise in a fitness center often have different dietary supplements, such as waking up, before exercise. After exercise before and during sleep. And Benefits is give energy to the body, Helps restore the body and muscles wear and Increases energy for the body.

Conclusions: Dietary supplements for exercise or sports. Always take into account the benefits that are given.

Keywords: Dietary supplements, Sports, Exercise