

ODINGA UKUKWAZI NGEZIKHUTHAZIMZIMBA

❌ Kunokukhula okumangalisayo enanini lezikhuthazimzimba okunemiphumela engemihle (izinkinga zempilo nokufa) kanye nokutholakala kwezidakamizwa emizimbeni yentsha nakubantu abadala ngokufanayo, - izikhuthazimzimba eziyingozi zisuswa emakethe uma idlanzana labantu selithelekile futhi kwaziswa neziphathimandla zezempilo eziqondene nalokho.

❌ Kunokusweleka komthetho kanye nokulawulwa embonini yezikhuthazimzimba – imikhiziqo iyakhangiswa iphinde idayiswe ngemibhalo edidayo, ifakwe amalebula angelona iqiniso, kanye nokusweleka kobuchwepheshe bezesayensi obushaya emhloteni kanye nobufakazi bokuphepha kwesikhuthazimzimba.

❌ **Ngaphandle kwesasasa lokumakethwa kanye nokushiwo yimikhiziqo, iqiniso limile ukuthi izikhuthazimzimba eziningi emakethe azikahlolwa ngokwezinga okuyilonalona kanye nelinezinhloso, kanti ukusho kwabo ukuthi imikhiziqo yabo isezingeni eliphezulu, isebenza ngokuyikho kanye futhi nokuthi iphephile, akuqinisekisiwe futhi akunasibophezelo.**

❌ Qaphela ukuthi abakhi bezikhuthazimzimba bangasho ukuthi imikhiziqo yabo 'ihloliwe ngokwesayensi', kodwa uma sekuhloliswa ubufakazi bunganganeli, bungashayi khona, buhlanekelwe, bungasebenzi entsheni, noma isimo esibi kakhulu, bakhiwe ukuze bungasho iqiniso.

❌ Abakushoyo ukuthi umkhiziqo 'owemvelo' noma 'owamakhambi' akusho lokho ukuthi awunabungozi futhi angeke kukwenze ukuthi ungayekiswa ukuzibandakanya nezemidlalo.

❌ Izakhi eziningi zamakhambi zingaba nemiphumela eyingozi, zingadala ukushayisana namanye amakhambi esintu noma imithi, bese/noma kuholele ekutheni ungaphumeleli/ufeyile uma ukuhlolwa kwezidakamizwa (bhaka amagama anjengo-ephedra noma ephedrine, prohormones).

❌ Inani elincane lingadala ukuthi ukuhlolwa kukhombwe ukuthi usebenzisa izidakamizwa – nakuba leli nani lingase likhombwe ukuthi awuzuzanga lutho ngokusebenzisa lesi sidakamizwa ekudlaleni kwakho – ngakho lokhu kuthatha amashansi akubuyiseli!

❌ Ukwethembela ezikhuthazini zomzimba kususa ukugxila kwakho ezindleleni ezibalulekile kanye futhi neziqinisekisiwe zokufika ezingeni eliphezulu lokudlala kwakho (kanye nempilo).

OBUNYE UBUNGOZI OBUCASHILE OKUFANELE UKUBHEKE

❌ Ngisho noma ngabe izikhuthazimzimba zithengwe enkampanini eyaziwayo, esitolo, ekhemisi, noma kwi-website kungenzeka ziqukethe izakhi eziyingozi noma ezingavumelekile ukusetshenziswa.

❌ Ngoba nje okubhalwe emkhizizweni, i-website, noma umdayisi omele umkhiziqo ethi umkhiziqo 'uhloliwe', 'waqinisekiswa' futhi 'uphephile', akusho ukuthi kunjalo!

❌ **Qaphela uma umkhiziqo uthi WADA (World Anti-Doping Agency) noma SAIDS (South African Institute for Drug-Free Sport) ugunyaziwe ukuthi uphephile ungasetshenziswa. I-WADA, SAIDS noma eyiphi enye inhlango elwa nokusetshenziswa kwezidakamizwa angeke iwugunyaze umkhiziqo.**

❌ Uma umkhiziqo oyingozi noma ongavunyelwe ukusetshenziswa ungabhalwe kwilebula yomkhiziqo ngakho akuqinisekisi ukuthi lowo mkhiziqo ngempela 'uhlazekile' noma awunabungozi.

❌ Inani elishiwo yilebula ukuthi kufanele usebenzise umkhiziqo ongakanani ungalulela kanye nomqondo wokuthi 'uma usebenzisa kakhulu kungcono' umuntu angafinyelela ezingeni eliphezulu lokubanjwa yizidakamizwa okungahotela ekulimaleni kwezitho zomzimba futhi/noma ukufa [isibonelo, i-mahuang, i-kava kava].

❌ Uma umdlali odumile ethi usebenzisa izikhuthazimzimba akusho ukuthi kuphephile ukwenza lokho noma kuzokusebenzela nawe futhi.

❌ Nezikhuthazimzimba ezidliwayo 'ezingenabungozi' njengamavithamini kanye nezinye izakhimzimba kutholakale ukuthi zinabo ubungozi kanye/noma izithako ezingavunyelwe ukusetshenziswa zibe zibhalwe kwilebuli.

Qaphela ubungozi obukhona ngokusebenzisa izikhuthazimzimba

Cabanga kabili ngaphambi kokuba ukholwe ngokumakethwa kwalezi zinto obunobuhlakani, bese uzibuza ukuthi kungabe imiphumela/imihlomulo engingayithola lapha idlula ubungozi obukhona yini?

AMAQINISO AQINISEKISIWE

❌ Abadlali bangempela abakudingi ukuthi basebenzise izikhuthazimzimba ukuze benze kahle.

❌ **Ukukhuphula izinga lokuziqeqesha, indlela yokudla isiyonke, ukuphumula, ukubuyisela amandla emzimbeni kanye nezindlela zokulala yikona okuqinisekisiwe ukuthi kunomthelela omkhulu ekusebenzeni komzimba, isimo somzimba kanye nempilo kunanoma esiphi isikhuthazimzimba sezemidlalo esesike sahlolwa kuze kube manje;**

❌ 'Ukudoja' noma eziphi zalezi zinto ezibalulekile zokudla kanye nokuziqeqesha angeke isikhala sazo sithathwe ukusetshenziswa kwezikhuthazimzimba.

❌ Izakhimzimba ezitholakala kulezi zikhuthazimzimba azingcono kunalezi ozithola ekudleni, ikakhulukazi ekwakheni imisipha, zishise amafutha omzimba, zenze ngcono ukubuyisela amandla omzimba esimweni, umsebenzi wokuvikeleka ezifweni nokunye.

❌ Ukudla okuhlekile kungasiza ekwenzeni ngcono ukusebenza komzimba bese kuqeda ubungozi obuningi umuntu abhekana nabo uma esebenzisa izikhuthazimzimba.

❌ Lincane inani lezikhuthazimzimba eziqinisekisiwe ukusiza ukuzivocavoca ngaphansi kwezimo ezithile ezicacisiwe, kodwa AKUSHO ukuthi indlela eyodwa ingasetshenziswa kuzona zonke izimo kanti umuntu angeke aqinisekise ukuthi kuphephile futhi abunabungozi ngo-100%...

❌ Izikhuthazimzimba ziyabiza – okungcono sebenzisa isikhathi sakho kanye nemali ekubonaneni nodokotela oqondene nokudla osemthethweni, oqondene nezemidlalo. Uyena muntu ongcono kakhulu ongakwakhela uhlelo lokudla lwezemidlalo oluqondene nawe, futhi lapho kudingeka khona, akubonise indlela okuyiyona ekahle yokusebenzisa izikhuthazimzimba kanye nokunciphisa ubungozi.

OBUPHI UBUNGOZI OBUKHONA NGOKUSEBENZISA IZIKHUTHAZIMZIMBA

Ubungozi bezempilo bungahlanganisa okwenzekayo emzimbeni wakho okungekuhle ngenxa yezikhuthazimzimba, umthelela wokudungeka komzimba sengathi uphuze uphuze oludakayo uma uzifake wena izikhuthazimzimba, ukusebenzisa ngokweqile isikhuthazimzimba noma ushevu ngenxa yezithako ezitholakala emikhizizweni, umfutho ophezulu wegazi, ukushaya kakhulu kwenhliziyu nokufeyila ukushaya kwayo, isibindi kanye nokulimala nokungasebenzi kwenso.

Abadlali abaseqophelweni eliphezulu kukhona futhi nobungozi bokutholakala kwesidakamizwa esingavunyelwe emizimbeni yabo okungaqeda ikusasa labo lezemidlalo futhi lilimaze isithunzi sabo kanye naleso sohlobo lalowo mdlalo abawudlalayo, isifundazwe kanye nezwe abalimele liphelelwe yisithunzi.

Umgomo wokubhekana nento ethile uyasebenza emidlalweni, okusho ukuthi ukuzifaka izikhuthazimzimba ezingavunyelwe ungazi akusona isizathu esamukelekile, kanti abadlali abatholakala benesidakamizwa emizimbeni yabo bayajeziswa.

Ayikuqinisekisi ukuphepha ilebuli...

Ukushoda komthetho olawula ukwakhiwa kwezikhuthazimzimba kanye nokumakethwa kwazo lapha ekhaya nangaphandle kwezwe, yizona zizathu eziqavile ngokungabikkhona kokusebenza kahle kanye nezinga lokuphepha kwemikhiziqo. Kuyiqiniso lokhu ngisho nakwimikhiziqo eqhamuka emazweni anothile njenge-USA kanye ne-UK.

Kuthiwani ngokusetshenziswa kwezikhuthazimzimba ENTSHENI (Ngpahanasi kweminye eyi-18 ubudala)

****Ngenxa yezinga elikhulu lobungozi [ubungozi obaziwayo nobungaziwa] obuhambisana nokusetshenziswa kwezikhuthazimzimba, i-SAIDS isekela ukuvumelana komhlaba wonke wokuthi izikhuthazimzimba zemidlalo [kuhlanganisa i-creatine, caffeine, prohormones, herbs njll] akufanele zisetshenziswe abantu abaneminyaka engaphansi kweyi-18 ubudala [buka iphepha lezimiso le--SAIDS ku: www.drugfreesport.org.za]**

NANSI EMINYE IMIKHIQIZO/IZITHAKO/OKUNYE ABAZALI OKUFANELE BAKUBHEKE:

❌ Okushiwo ngamagama ngemiphumela-amagama afana no'anabolic', 'mass builder', 'steroid', testosterone'-, anemiphumela ekhombisa ukusebenza kangcono kwemisipha.

❌ Imikhiziqo ene-Prohormone/izithako ezinjenge 'DHEA' '19-nor', adrostene-dione' noma -i-'diol';

❌ Imikhiziqo ethi ishisa amafutha [ukuqeda ukukhuluphala noma i-ripping'] – lokhu kujwayelekile ukuthi kube nezinga eliphezulu lezikhuthazimzimba njenge-caffeine/i-ephedrine okuyingozi empilweni yakho;

❌ Qaphela noma ngabe uthi 'owendalo' ('natural') noma 'owamakhambi' ('herbal') we-prohormones noma ama-metabolites noma ashisa amafutha (fat burners) [isibonelo, Tribulus terrestris, guarana, ephedra, mahuang njall] – lokhu kuyingozi kanti sekuke kwamataniwa nezigameko ezimbalwa zokudungeka komzimba, ukufa kanye nokukhubazeka okunzima.

❌ Imikhiziqo efana ne-creatine kanye ne-caffeine akuyona imikhiziqo engavumelekile ebantwini [abadala] – seyibe nesasasa futhi yasetshenziswa kakhulu yintsha esafunda. Nakuba kunjalo, ayikagunyazwa ukuthi iphephile nokuthi isebenza ngokuyikho ezinganeni nasebantwini abadala. - Lolu hlobo lwezikhuthazimzimba kujwayeleke futhi ukuthi lube nezinto ezingavumelekile/eziyingozi ezingabhalwe kwilebuli...

❌ Imikhiziqo ethi ikhiziza 'imiphumela eyisimanga' – uma kubukeka kukuhle kakhulu ukuthi kungaba yiqiniso, kusho ukuthi kunobungozi! Akuzukusiza-ke uma uqhathanisa ubungozi nozokuhlomula uma usebenzisa lowo mkhiziqo.

❌ Ngenxa yalobu bungozi, abaqeqeshi bemisipha kanye nabaqeqeshi-nje abasebenza nezingane ezineminyaka eyi-18 ubudala ezikoleni nasemakolishi e-USA abavunyelwe ukusabalalisa ngqo i-creatine noma ezinye izikhuthazimzimba kubafundi babo abangabadlali.

KUNGABE UDINGA IZIKHUTHAZIMZIMBA UKUZE UMZIMBA WAKHO WENZE KAHLE KAKHULU?

Impendulo esobala ithi CHA! Ongoti kwezesayensi bakuqinisekise ngokugcwele ukuthi imfihlo yokwenza ngokusezingezni eliphezulu komzimba wakho, ukudla kahle futhi udle ukudla okunomsoco [kuzona zonke izinhlobo zokudla] bese uzidla ngokwanele [ukufinyelela ezidingweni zamandla akho], ukukala ngokuyikhona isikhathi sokudla kwakho [ngaphambi/ngaso isikhathi/emva kokuzivocavoca], ukuziqeqesha ngobuhlakani bese uzinikeza isikakhathi esanele sokuphumula kanye nokubuyisela umzimba esimweni esifanele.

Lezi zinto zingaba nomthelela omkhulu ekwenzeni kangcono komzimba wakho kunokungenziwa nanoma esiphi isikhuthazimzimba esisanda kuhlolwa.

Kwezinye izimo kungase kube nesizathu esizwakalayo sokusebenzisa isikhuthazimzimba esithile sezemidlalo. Kodwa ubudala, isimo, uhlobo lwesikhuthazimzimba, ubungako besikhuthazimzimba obusebenzisayo kanye nesikhathi osisebenzisa ngaso kufanele kwakhelwe kumuntu nomuntu bese bubuyekezwa njalo. Kubalulekile ukulandela indlela enciphisa ubungozi uma ukhetha isikhuthazimzimba esifanele. Udokotela oqondene nezokudla obhaliswe ngokusemthethweni onesipiliyoni ngokudla kwezemidlalo uyena muntu wezempilo okahle kakhulu ukukusiza kulolu hlobo.



QAPHELA: Inani lezakhimzimba ezisebenzayo lincane!

Izakhimzimba zihlanganisa nanoma emiphi imikhiqizo edayiswa njenge “dietary noma health supplements”, “ergogenic aids” noma “sports supplements”.

Ukumakethwa ngamandla kwale mikhiqizo esikoleni, ezindaweni zokuzithokozisa/zokuphumula kanye nasezingeni eliphezulu kudale ukuthi kube nenani eliphezulu labathengi bethenga bengaboni futhi bekholelwa kokushiwo yimikhiqizo futhi bezimisele ukuyikhokhela futhi bayisebenzise ngethemba lokuthi bazokwenza ngcono ekudlaleni kwabo.



BUNCISHISWA KANJANI UBUNGOZI

- ❌ Okokuqala, ukwenza ngcono kakhulu indlela odla ngayo, ngendlela esebenzayo ezovumelana nezidingo kanye nezimo zakho, bese kuthi okwesibili ahlole ukuthi ngabe udinga/uzohlomula ngokusebenzisa isikhuthazimzimba, bese
- ✅ Uhlobo kanye nobungako besikhuthazimzimba kufanele kwenzelwe umuntu nomuntu ‘ukuvale igebe’ uma kunesidingo, kufanele kuqondane/kusize ukuziqeqesha kanye nokuncintisana kwakho, ukuphumula kanye nezinjongo zokubuyisela umzimba esimweni. Akuyona nje indlela yokuthi yonke into ilungiswa ngendlela eyodwa/efanayo kuzona zonke izinkinga!
- ❌ Ukukhethwa kwesi[zi]khuthazimzimba kufanele kubuyekezwe ngokucophelela okukhulu – kungabe kunokuqinisekiswa ngokwesayensi ucwaningo oluqondile, olusekelayo futhi olwenziwe ngendlela olukhombisa ukusebenza ngokuyikho kanye nokuphepha kulowo muntu; izingxenywe zohlelo lokwakhiwa komkhiqizo kufanele kucutshungulwe ukuze kuhlonzwe izikhuthazimzimba ezinobungozi obuncane.

Qaphela:Eminye imikhiqizo ingaba ne-‘stamp of approval’ noma i-‘logo’ ekhombisa ukuthi ihloliwe ibhodi ezimele noma ihlolwe egunjini lokucwaninga (laboratory) yase inikezwa isitifiketi sokuthi ayinazo izakhimzimba ezingavunyelwe. Izinkampani zezakhimzimba ziyakhokha ukuze imikhiqizo yazo icutshungulwe futhi ihlolwe, ikwenza lokhu inkampani ngokuzithandela. Nakuba lokhu kusiza ekunciphiseni ubungozi, lokhu kusuke kungaqinisekisi ukuthi umkhiqizo ungu-100% ngokungabi nabungozi. Zisengabakhona izingxenywe ezingavumelekile noma eziyingozi emkhiqizweni okungase kwenzeke ukuthi azihlolwanga.

Udokotela oqondene nokudla obhekelele ukudla kwezemidlalo, uyena muntu onolwazi olukhulu ongakusiza ukwenza ngcono ngokwempilo yakho kanye nakwezemidlalo. Udokotela oqondene nezokudla angakusiza futhi ukuthi wenze kangcono ukusebenza komzimba wakho futhi akusize ukuthi wenze izinqumo eziphusile ngokusebenzisa izikhuthazimzimba nanokuthi ungathatha yiphi indlela engenabungozi.

Iya kwi website yethu: www.drugfreesport.org.za ukuze uthole ulwazi oluningi kanye nama-tips asebenzayo ngokudla uma ungumdlali!

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NGIDLALA NGENDLELA EFANELE YITHI CHA EKUSETSHENZISWENI KWEZIDAKAMIZWA

IZIKHUTHAZIMZIMBA ZIFAKELWA ISO

