

# Nutrition Guidelines For Peak Athletic Performance

NUTRITION PLAYS A VITAL ROLE IN PEAK ATHLETIC PERFORMANCE. CONSIDER THE FOLLOWING:

## ARE YOU DRINKING ENOUGH WATER?

PROPER HYDRATION WITH WATER NOT ONLY MAINTAINS STRENGTH AND INTEGRITY OF CELLS, TISSUES AND JOINTS, BUT ALSO IMPROVES BLOOD FLOW; FACILITATING THE DELIVERY OF HEALING NUTRIENTS TO THE INJURED SITE.



## EXPERT TIP

DRINK HALF OF YOUR BODY WEIGHT (IN LBS) IN OUNCES OF WATER EACH DAY

## ARE YOU RISING AND DINING?

BREAK-TH-FAST EVERY MORNING TO FUEL YOUR BRAIN AND PROVIDE YOUR BODY WITH THE FUEL IT NEEDS. TRY TO PLAN OUT YOUR BREAKFAST IN ADVANCE & HAVE A JUST IN CASE OPTION FOR WHEN YOUR RUNNING LATE (Ex. Smoothie, toast w/PB, Granola bar etc.)

Fuel	Build	Protect	Prevent
100% Whole wheat bread/English muffin/wrap	Greek yogurt	Natural Peanut Butter	Fresh/Frozen berries
Steel cut/Old Fashioned oats	Eggs	Raw Nuts	Fresh/ Frozen Veggies
Whole Grain Cereal	Low Fat Milk	Olive oil	100% fruit juice
Canned beans (no added salt)	Natural Peanut Butter	Seeds	Dried fruit (no added sugar)
Kashi/Nature Valley granola bar	Raw nuts	Avocado	Salsa

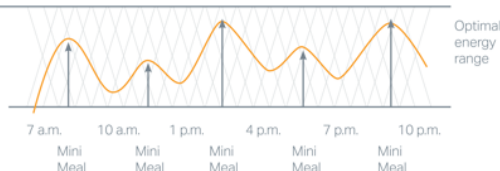
## EXPERT TIP

EAT WITHIN 1-HOUR OF WAKING & TRY TO GET AT LEAST 1 SOURCE OF A GRAIN, PROTEIN, HEALTHY FAT, AND

## ARE YOU EATING EVERY 3 HOURS?

TRY TO EAT 3 MEALS AND 3 SNACKS OR 3 MACRONUTRIENTS (carbs, protein, fat) EVERY 3 HOURS. THIS WILL HELP YOU STAY ENERGIZED, IMPROVE CONCENTRATION, AND MINIMIZE FATIGUE.

OPTIMALLY FUELED



## EXPERT TIP

PACK YOUR BAG WITH HEALTHY SNACKS SUCH AS TRAIL MIX AND FRUIT SO YOU

## HOW COLORFUL IS YOUR PLATE?

FRUITS AND VEGETABLES CARRY ANTIOXIDANTS THAT FIGHT FREE-RADICAL DAMAGE ASSOCIATED WITH INJURY AND HELPS TO REPAIR CARTILAGE, CELLS, TENDONS AND TISSUES. BY INCREASING YOUR ANTIOXIDANT INTAKE, YOU CAN REDUCE PAIN AND PROMOTE HEALING.



## EXPERT TIP

ADD 1 - 2 SERVINGS OF FRUITS AND VEGETABLES TO EACH MEAL AND

## HOW LEAN IS YOUR PROTEIN?

BRANCHED CHAINED AMINOACIDS (BCAA) FOUND IN LEAN PROTEIN PLAY A ROLE IN IMPROVING HEALING AND REDUCING PAIN. THEY ALSO SUPPLY LEUCINE, AN ESSENTIAL AMINO ACID THAT SPEEDS UP RECOVERY.



## EXPERT TIP

CHOOSE LEAN PROTEINS, SUCH AS CHICKEN, TURKEY, FISH, EGGS AND BEANS

