

## Eat Healthy

To perform at your peak, you need to give your body the fuel it needs to exercise and to recover. Nutrition is like training – you have to start early. If you don't give your body the food and drink it needs every day, catching up before a big game or big workout can be difficult. Here's how you can prevent fatigue and hunger and maintain your energy and focus with proper nutrition.

### Build a good foundation daily

#### **Start each day with a balanced breakfast**

##### **Establish an eating pattern**

- Sporadic eating can lead to low energy, quicker onset of fatigue and weight gain (fat, not muscle)
- Eat 5-6 small meals or 3 meals and 2-3 snacks each day

#### **Eat 2-3 pieces of fruit and at least 4 servings of vegetables daily**

- Fruits and veggies boost immunity, enhance your overall health and give you plenty of energy

#### **Not all carbs are bad— choose smart carbohydrates**

- Oatmeal, rice, pasta, whole grains, and sweet potatoes are examples of smart carbohydrates

#### **Protect your body with healthy fats**

- Healthy fats decrease inflammation and provide energy
- Nuts, seeds, avocados, olive oil, coconut oil and fish contain healthy fats

#### **Build your body with lean proteins**

- Fish, chicken, turkey and pork are examples of lean proteins that help to repair and recover your muscles

#### **Say no to junk food**

- Limit your intake of processed foods
- Avoid fast, fried and greasy food

## Before exercise

### **Don't wait until the last minute**

- Increase your energy level during your big game or workout by eating a balanced diet during the week. One good pre-game meal alone may not give you the energy you need.

### **Eat carbohydrates to give you the energy you need to perform**

- Include: breads, cereals, potatoes, pasta, fruits and vegetables
- Eat your pre-game meal approximately 2-3 hours before

## After exercise

Nutrition is critical to the recovery process after a big workout. A good post-workout meal will restore your energy level and provide the building blocks your body needs to rebuild muscle.

- Eat a post-workout meal within 30-60 minutes of finishing the workout
- Include lots of carbohydrates to restore your energy
- Include protein to help build and repair muscle
- Eat a small meal approximately 60 minutes before bed
  - Some light carbs, such as a bowl of cereal, fruit cup or nutrition bar will give your body the nutrients it needs to recover while sleeping.