

Maximize Your Efforts

Pre-Workout

- Enter your activity with enough fuel to give your maximum efforts.
- Top off your fuel tank with a small, balanced snack containing a carbohydrate, fluid, and a small amount of protein about 1 to 2 hours before activity
- Going into a workout properly fueled will improve performance and jump-start recovery
- Make sure to hydrate with 16 to 20 ounces of water.

SNACKS

¾ cup of yogurt with ½ cup of berries and ¾ cup of high fiber cereal

Banana with 2 tbsp of nut butter

½ turkey sandwich and fruit

½ peanut butter and jelly sandwich

Homemade trail mix (1 cup of high-fiber cereal, 2 tbsp dried fruit, 2 tbsp nuts)

2 tbsp of nut butter on rice cake with ½ banana

During Your Workout

It's important to stay hydrated during exercise to maintain performance and cognition. Proper fueling during and between activities, including games, helps replenish hydration and fuel levels to maintain optimal performance.

Carbohydrate, fluid, and electrolyte levels are quickly depleted in sports. Replenishing these nutrients plays a huge part in performance especially during multiple-game events.

MEASURING HYDRATION

- Losing just 2% of your body weight during exercise can cause fatigue and impair performance.
- A good way to monitor how well you're hydrating is to weigh yourself before and after activity. Drink 20 ounces of fluid for every pound of weight you lose during activity.

DRINKING SPORTS DRINKS

- Grab a sports drink if you're training for over an hour, training in extreme environments, you haven't had any fuel, you have a short but extremely intense workout, or you're looking to gain lean body mass.
- Choose lower calorie electrolyte replacement beverages if you're training for less than an hour or at a low intensity or if you're aiming to lose weight.

GENERAL HYDRATION GUIDELINES DURING WORKOUTS

MAINTAIN HYDRATION

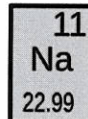
2% Keeping weight loss to less than 2% during your workout



Take 4-6 gulps of fluid about every 15 minutes.

Pay extra attention to your hydration when you're sweating more than usual or when you're in an extreme environment.

MAINTAIN FUEL AND ELECTROLYTES



When you need something more than water, choose a sports drink with at least 110 mg to 240 mg of sodium per 8 ounces to help prevent cramping and maintain electrolyte levels.

When your exercise level warrants the consumption of a sports drink 20 to 32 ounces an hour is all you need to keep your body fueled. Use water for the rest of your hydration needs

Create an Even Spread

Spread your meals and snacks evenly throughout the day. Although there are many philosophies on how often you should eat, eating well throughout the day fuels performance by helping you stay focused and energized. Eating as often as you need helps regulate energy, and it keeps your decision-making skills sharp and your mood pleasant, making you less likely to overeat. The key is to plan. Schedule meals or snacks every few hours; stash healthy snacks in your car, bag, and make the time to stay fueled.

GRAB-AND-GO SNACKS

Bars with high quality ingredients and at least 5 grams of protein and 3 grams of fiber (RX Bars, Kind, Oatmega Bar, Good2Go Protein Bar)

Nuts with dried fruit or fresh fruit

Dried or fresh fruit, sliced fresh veggies, and high quality whole grain crackers paired with any of the following proportioned out natural nut butter or hummus

Tuna Kits

Beef Jerky

Greek Yogurt and cottage cheese cups

Low-fat cheese sticks.

Instant oatmeal packets (plain)

Chocolate milk or almond/coconut milk with protein powder

EASY-PREP SNACKS

Hot oatmeal, cream of wheat, farina, or grits, and mixed berries with raw nuts

Toasted whole-wheat English muffin with nut butter or hummus and deli meat

Sliced bagel, English Muffin, or pita toasted and made into a sandwich

Fruit and natural nut butter

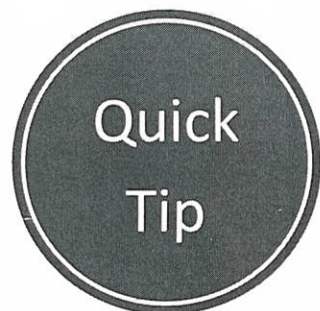
Nut butter and jelly or honey sandwich with whole – wheat bread

Greek Yogurt with granola or whole grain high fiber cereal

Proportioned snack bags of nuts, dried fruit, seeds, pretzels, or trail mix

Greek yogurt, mixed berries, granola and nuts

Potato with cottage cheese, chili, low fat cheese, broccoli, and salsa or light salad dressing



When shopping for snacks stick to the perimeter of the grocery store. Aim for whole foods with lots of color.