

FUELING TACTICS

QUALITY

- ✓ Carbohydrates give you energy—Choose whole grains, fruit, vegetables!!!
- ✓ Lean protein gives you muscle building material—Opt for turkey, chicken, fish, tofu, beans, eggs, nuts, seeds

QUANTITY

- ✓ Eat throughout the day to make sure your body has enough energy to fuel practice and lifting sessions—don't skip meals!
- ✓ Include healthy snacks such as fruit, yogurt, and nuts to keep your energy levels up. If you're in a rush, grab a snack to eat when walking to/from classes or practice.

TIMING

- ✓ Plan your meals, bars, and shakes around practice and lifts to give your body the energy it needs right then and for recovery
 - **Before:** eat a meal 3 hours before or snack 45 min before to stock up on energy
 - **During:** have Gatorade or a bar to maintain your energy level
 - **30 minutes after:** drink chocolate milk or have a snack to replenish your energy and rebuild your muscles
 - **After:** eat a meal with lean protein, healthy fat and carbohydrates to replenish and prepare for next time.

HYDRATION

- ✓ Drink at least 4 liters worth of fluid each day
- ✓ Don't forget to hydrate during practice!
- 👉 Don't wait until you're thirsty to drink
- 👉 Dehydration can lead to significant loss in mental focus and physical ability