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