

PRE-WORKOUT

- + Don't go into your workout on an empty stomach.
- + Top off your fuel tank with a small balanced snack containing carbohydrate, fluid, and a small amount of protein about 1-2 hours before your workout.
- + Going into a workout properly fueled will improve performance and jumpstart recovery.

SNACKS

- + 1 yogurt with 1/2 cup of berries and 3/4 cup high-fiber cereal
- + Small bowl of cereal with a banana
- + 1/2 turkey sandwich and fruit
- + 1/2 peanut butter and jelly sandwich and fruit
- + Homemade trail mix (1 cup high-fiber cereal, 2 tablespoons dried fruit, 2 tablespoons nuts)

Make sure to hydrate with 16-20 ounces of water, too.

DURING YOUR WORKOUT

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

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

MEASURING HYDRATION

- + Excessive fluid loss (>2 percent body weight lost) through sweat can cause fatigue and impair performance.
- + A good way to monitor how well you're hydrating is to weigh yourself before and after training. For every pound of weight you lose during activity, replace with 20 ounces of fluids.

DRINKING SPORTS DRINKS

NO, IF...

- + Training for less than an hour
- + Weight loss is the goal of the training session

YES, IF...

- + Training for over an hour
- + Training in extreme environments
- + Lean body mass gain is the goal
- + You enter the workout without any fuel
- + You have a short but extremely intense workout

GENERAL HYDRATION GUIDELINES DURING WORKOUTS

MAINTAIN HYDRATION

2%

Keep weight loss to less than 2 percent during your workout.

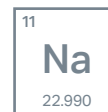


Take 4-6 gulps of fluid about every 15 minutes.



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

MAINTAIN FUEL AND ELECTROLYTES



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

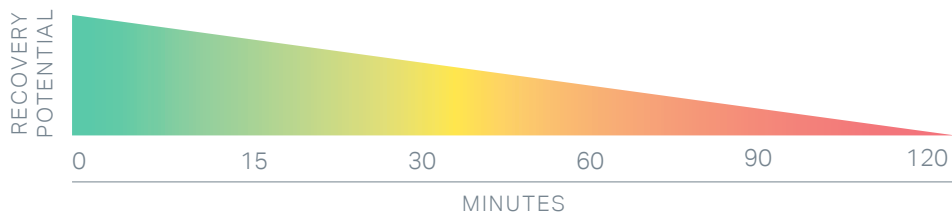


When your exercise level warrants the consumption of a sports drink, 20-32 ounces an hour is all you need to keep your body fueled. Balance the rest of your hydration needs with water.

POST-WORKOUT

The sooner you get your post-workout nutrition, the quicker you recover.

WINDOW OF OPPORTUNITY FOR NUTRITION RECOVERY



WITHIN 10 MINUTES OF TRAINING

1 REFUEL WITH CARBS
The more intense the training, the more carbohydrates you need.

2 REBUILD WITH PROTEIN
Body weight determines protein needs post-workout.

3 REHYDRATE WITH FLUID
Drink 20-24 ounces of fluid for each pound lost during training.

WHAT YOU NEED TO RECOVER

BODY WEIGHT	PROTEIN	CARBS
150 - 180 lbs	25 - 30 g	60 - 75 g
181 - 215 lbs	30 - 35 g	75 - 90 g
216 - 245 lbs	35 - 40 g	90 - 105 g

RECOVERY NUTRITION OPTIONS

- + 20-ounce low-fat chocolate milk and banana
- + Turkey and pasta salad
- + Tuna sandwich and baked chips
- + Meal replacement bar or shake
- + Scrambled eggs or egg whites with whole wheat toast and 6 ounces of juice
- + Turkey sandwich and yogurt
- + Fruit smoothie blended with yogurt or whey protein