

PERFORMANCE NUTRITION

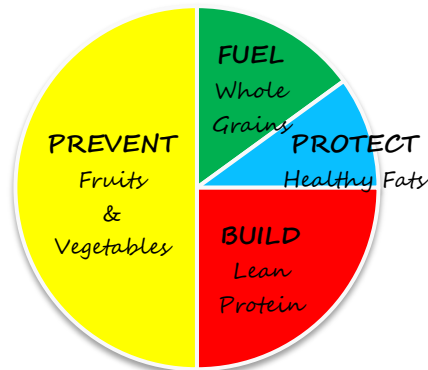
PLAY OF THE DAY:

RECOVERY NUTRITION

Improving as an athlete means being able to perform at 100% each and every practice, game or workout (even during 2-a-days). Post-exercise nutrition is a critical component of recovery and regeneration. Be sure to re-**FUEL**, re-**BUILD** and re-**HYDRATE** through good nutrition and eating performance foods.

Target:

- † Snack on a source of **FUEL** (carbohydrate) and **BUILD** (protein) within 30 minutes post-workout
- † Eat a performance meal (see below) within 1 – 2 hours post-workout
- † Drink 1 – 2 cups of **water** immediately post-workout



Note:

Supplementation should only be used as prescribed by an expert. Consult a Sports Dietitian to find out more.

EVERY DAY IS GAME DAY.

