

Health Guidelines

Hydration

Drink at least 68oz a day to properly hydrate.

Before, after, and during exercise, hydration is the key to maintaining high performance.

Nutrition

Carbohydrates are necessary for energy- focus on nutrient dense carbs.

- whole grains, oatmeal, brown rice, sweet/baked potatoes, vegetables, fruit
- A low carb diet can lead to decreased performance level, fatigue, and injury risk.
- An excessive carb diet will lead to increased body fat and deficiencies of other nutrients.

Protein is necessary to build and repair muscles- you can't build muscles without protein.

- eggs, meats, cottage cheese, nuts, sports bars, and high protein cereals.
- Eat between 0.75-1 g of protein per pound of body weight per day, for example a 150 lb athlete should aim to consume between 112 g and 150 g of protein per day.

Eat/drink recovery meal or snack within 30 minutes of your workout in order to fuel your body and repair muscles. This must contain carbohydrates and protein.

A healthy body composition is not only important for performance/speed enhancement, but IMPERATIVE to reducing your chance of injury. You CAN'T out exercise a bad diet!

Sleep

Aim to sleep 8-9 hours a night. This will ensure top performance and reduce risk of injury.

