HURR *news*

Nutrition - How to take care of your body - before/during/after practices

When to eat

BEFORE PRACTICE

- Approximately 60-90 minutes before a workout → Consume a protein and carb based snack.
- Keep it low in fat.
- Ideas → Power bars, trail mix, apple w/PB, fruit, half a sandwich

DURING PRACTICE

- HYDRATE
- Electrolytes (gatorade)
- Carbs (cliff bar) → take bites between sets. There are always times where coaches are taking time to explain the set → this is the perfect time to take a bite or two out of a power bar.
- Have it readily available. Don't miss part of the workout, plan ahead.

AFTER PRACTICE (SNACK)

- ASAP! Within 20 minutes of a completed workout you should have a snack.
- 20-25 grams of protein and 20-60 grams of carbs.
- Ideas → power bars / Almond milk.

AFTER PRACTICE (MEAL)

- 60-90 minutes after working out, eat a FULL meal.
- Lean protein, veggies, fiber and fats.
- Ideas → Chicken, asparagus, potatoes, avocados.

CHALLENGE

Write down your food, fluids and sleep for a week. When a week is completed, check in with a coach and see where you can make improvements.

BONUS ADVICE!

- Download the My Fitness Pal app → start tracking your food, fluids and sleep. You'll be amazed at how much this can help your nutrition and sleep habits.
- HYDRATE! If you're thirsty, it's too late. Always have a water bottle handy.
- Be smart and listen to your body.
- Don't come to practice hungry.
- Leave practice with a water bottle and snack in hand!