



When We Say “Exercise”...

We’re referring to any intense training session, workout, practice, or game.

2-3 Hours Before Exercise

Eat a Quality Meal

This meal will be the last one you eat for 4-5+ hours, so it needs to be a high quality one. Avoid high fat, or fried foods that will make you sluggish. Aim for one-ingredient foods and healthy fats. Salmon, chicken, brown rice, quinoa and green leafy veggies are quality choices.

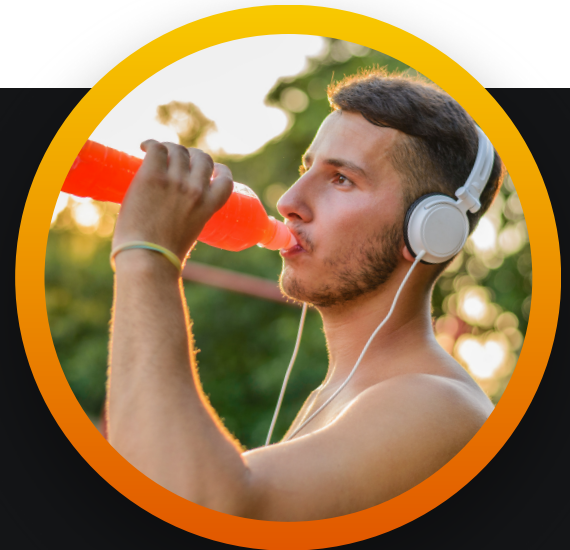
1 Hour Before Exercise

Eat a Small Meal

Fuel your upcoming exercise with a small meal that contains little to no fat. A supplement may be considered. Choose quality whole food sources and aim for 15-20g of protein and 20-30g of carbs.

During Exercise Drink an Electrolyte Drink

An electrolyte drink, or high quality carb and electrolyte supplement, can be sipped on throughout intense bouts of exercise. Electrolytes help maintain “balance” in your body. They have a natural positive or negative charge when dissolved in water, and they do things like help your muscles contract.



⚠ Important: Between games, or on a day with multiple training sessions, aim for whole foods that are relatively low in fat. Fresh fruit, turkey sandwiches, and quick protein options like tuna packets provide energy without leaving you feeling stuffed full or sluggish. **Avoid trail mix and typical concession stand foods.**

Post-Workout

Recovery Shake/Supplement

Immediately post-workout is when a quality recovery supplement can come in handy. Your body is in a catabolic state and in need of nutrients to begin the recovery process. A quick-digesting protein like whey or EAAs along with simple sugars are must-haves.

1 Hour After Exercise

Post-Workout Meal

A meal filled with one-ingredient foods, similar to the one you ate 2-3 hours before training, should be consumed at this time. Stay away from high amounts of fat as that will slow digestion and your muscles need nutrients right away.