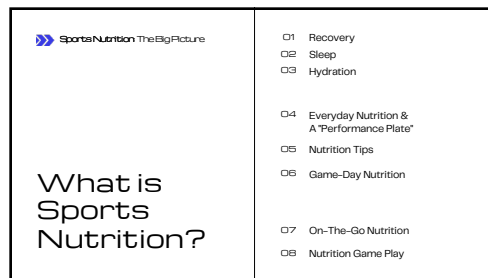




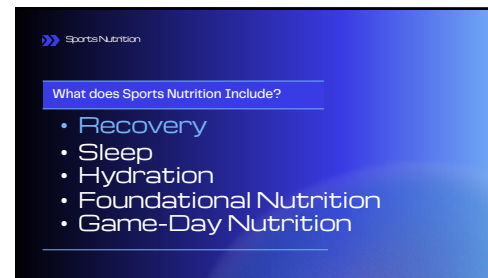
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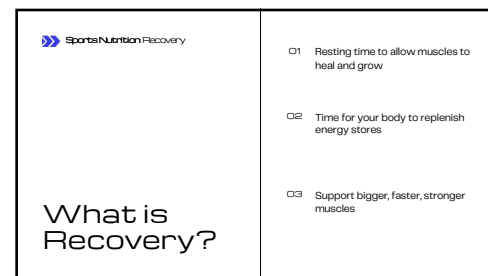
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Sports Nutrition Recovery

What can happen if you don't recover?

- Illness
- Fatigue
- Injury



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Sports Nutrition Recovery

What does recovery look like?

Sleep	Hydration	Nutrition
REST	REPLENISH	FUEL
8-10 hours a night	drink water w/ electrolytes	carbohydrates, protein, & fat

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Sports Nutrition


What does Sports Nutrition Include?

- Recovery
- Sleep
- Hydration
- Foundational Nutrition
- Game-Day Nutrition

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Sports Nutrition Recovery

**Sleep**



"Sleep has a positive affect on speed, accuracy, and reaction time." -American Thoracic Society

**8-10 hours a night**  
Adolescents need between 8-10 hrs a night, but student athletes can benefit from 9-10 hrs.

**Recovery**  
Sleep allows your body to rest & heal from intense exercise.

**Build & Refuel**  
Sleep allows your muscles to grow & refuel.

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Sports Nutrition Recovery

High Quantity of Sleep




How much do you think Tom Brady sleeps?

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Sports Nutrition Recovery

High Quantity of Sleep




How much do you think Tom Brady sleeps?  
**9 hours a night!**

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Sports Nutrition Recovery

## High Quality Sleep



**Blue Light**  
Avoid screens that emit blue light 2 hours before bed to improve the quality of your sleep, and recovery.

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Sports Nutrition

## What does Sports Nutrition Include?

- Recovery
- Sleep
- Hydration
- Foundational Nutrition
- Game-Day Nutrition

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Sports Nutrition Recovery

## Hydration: Fluids

- Dehydration = low blood volume = your heart has to pump harder to deliver oxygen and nutrients throughout the body → **FATIGUE**
- Sweating = loss of fluids & electrolytes (sodium, potassium)

**5-1 oz/1 lb body weight**  
Drink adequate fluids throughout the day based on your weight.

**Example:**  
150 lbs x .5 = 75 ounces (2.5 liters)  
150 lbs x 1.0 = 150 ounces (5 liters)

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Replenish Fluid Loss After Exercise

- weigh yourself before & after workout/game
- for every pound lost, drink an additional 16 oz of water



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Sports Nutrition Recovery

## Hydration: Electrolytes

- Electrolytes regulate muscle contractions. Lack of electrolytes cause muscle cramps.
- When choosing a sports drink look for
  - 80-100 mg of potassium
  - 200 mg of sodium
  - per 8 oz or 1 cup water

**When?**  
If you plan on exercising 75+ minutes, bring a sports drink.

**Electrolytes**  
- 80-100 mg Potassium  
- 200 mg Sodium

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What has more?

- Potassium: mini gatorade, coconut water, or banana?
- Carbohydrate: mini gatorade, coconut water, or banana?
- Sodium: mini gatorade or pedialyte sport?

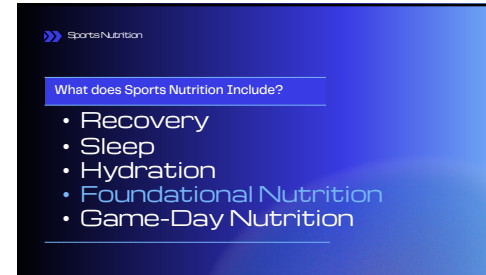
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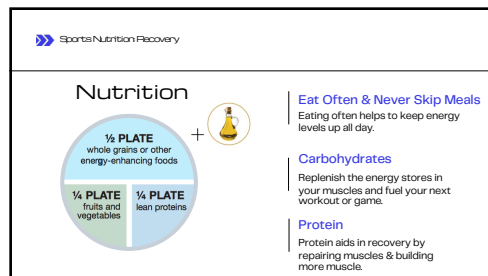
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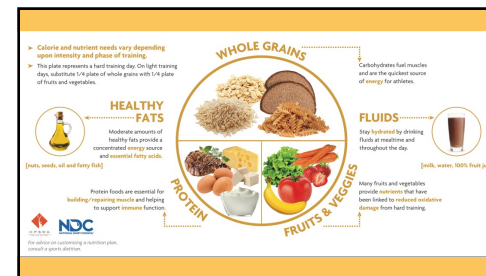
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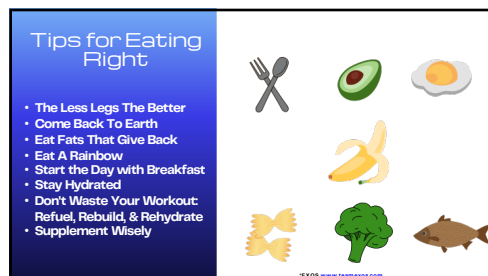
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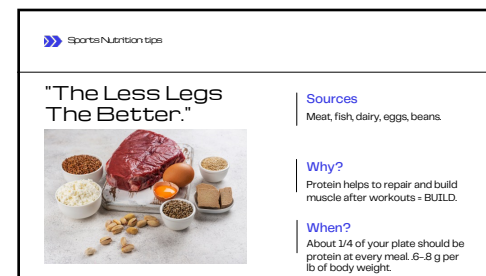
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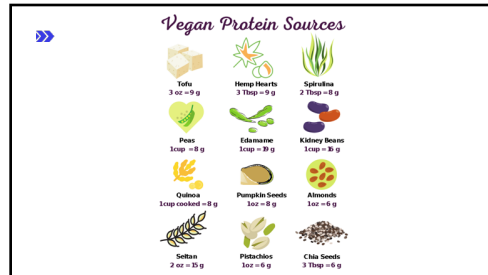
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**Sports Nutrition tips**

**"The Less Legs, The Better."**

**Eat .6-.8 g/lb body weight**  
 6 x 150 lbs = 90 g  
 8 x 150 lbs = 120 g

**Palm of hand = 3 oz meat = 21 g protein**





**16 g protein = 1 pint of milk (2 lunchroom cartons)**

**5 oz Greek yogurt = 11 g protein**

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**Sports Nutrition tips**

**Protein: What 105 g Day Looks Like**

<b>Breakfast:</b> 1 carton milk + 2 eggs  20 g	<b>Lunch:</b> 3 slices lunch meat + 1 slice cheese on whole wheat  22 g	<b>Pre-Workout:</b> yogurt + nuts  33 g	<b>Dinner:</b> 4 oz chicken breast  30 g
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**Sports Nutrition tips**

**"Come Back To Earth"**

**The less processed, the better.**

**Why?**  
 - decrease inflammation  
 - reduce soreness  
 - keeps you fuller longer

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**Sports Nutrition tips**

**Carbohydrates: Fuel**

**Sources**  
 Bread, pasta, rice, corn, peas, quinoa (Keen-wah), grains, potatoes, fruit.

**When?**  
 About 1/3-1/2 of your plate should be carbs at every meal.

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**Sports Nutrition tips**


**Carbohydrates: Fuel**

**What does JJ Watt eat for breakfast?**

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» Sports Nutrition tips

### Carbohydrates: Fuel




**What does JJ Watt eat for breakfast?**  
**Oatmeal & Eggs!**

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» Sports Nutrition tips

### Eat A Rainbow: Prevent



**Sources**  
Bananas, apples, broccoli, green beans, berries, carrots, spinach.


**Why?**  
Fruits and veggies are packed with vitamins essential for normal function, performance, and relieve inflammation.

**When?**  
About 1/4-1/3 of your plate should be fruits & vegetables at every meal.

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» Sports Nutrition tips

### Fat: Protect



**Sources**  
**Unsaturated:** Fish, olive oil, avocado, seeds & nuts.  
**Saturated:** Butter, red meat, fried foods.


**Why?**  
Unsaturated fat helps reduce inflammation which helps you recover from exercise quicker, as well as absorb certain vitamins.

**How Much?**  
About 1-2 "thumbs" per meal.

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» Sports Nutrition tips

### Eat Every 3 Hours "Three for Three"



**Don't Skip Meals**

**Why?**

- energy levels
- focus & concentration
- prevents muscle fatigue
- muscle force production


**When?**

- eat a balanced meal or snack every 3 hours- 4 hours.
- "3 for 3"

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» Sports Nutrition tips

### Stay Hydrated



**How much?**  
150 lbs x .5 = 75 ounces (2.5 liters)  
150 lbs x 1.0 = 150 ounces (5 liters)  
+ fluid lost from exercise


**Why?**  
We lose fluids from sweating, breathing, and urinating.

**When?**  
All throughout the day, especially before and after workouts.

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» Sports Nutrition tips

### Don't Waste Your Workout



**Rebuild**  
Rebuild your muscle by eating protein after your workout.

**Refuel**  
Refuel and replenish energy stores by eating carbohydrates.

**Rehydrate**  
Replace lost fluid by drinking water and electrolytes.

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Sports Nutrition Game Day

### What does Sports Nutrition Include?


- Recovery
- Sleep
- Hydration
- Foundational Nutrition
- Game-Day Nutrition

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Sports Nutrition Game Day

### How To Fuel For The Perfect Game Day

- Carbohydrates
- Protein
- Fluids




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Sports Nutrition Game Day

### Night Before

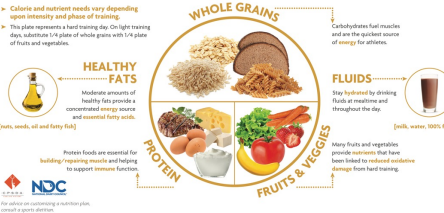
- 01 Carbohydrate rich meal like pasta, potatoes, and rice.
- 02 1/4 of your plate should be lean protein like chicken or fish & 1/4 should be fruits or vegetables.
- 03 Drink 16-20 oz of water.



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Calorie and nutrient needs vary depending upon intensity and phase of training.

This plate represents a hard training day. On light training days, substitute 1/4 plate of whole grains with 1/4 plate of fruits and vegetables.



**WHOLE GRAINS**  
Carbohydrates fuel muscles and are the quickest source of energy for athletes.

**HEALTHY FATS**  
Moderate amounts of healthy fats provide a concentrated energy source and essential fatty acids.  
[nuts, seeds, oil and fatty fish]

**FLUIDS**  
Stay hydrated by drinking fluids at mealtime and throughout the day.  
[milk, water, 100% fruit juice]

**PROTEIN**  
Protein foods are essential for building/repairing muscle and helping to support immune function.

**FRUITS & VEGGIES**  
Many fruits and vegetables provide nutrients that have been linked to reduced oxidative damage from hard training.


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Sports Nutrition Game Day

### 4 Hours Before

- 01 Carbs: 1-1.5 g / lb of body weight  
1 g x 150 lbs = 150 g  
1.5 g x 150 lbs = 225 g
- 02 Protein: 1/4 of your plate
- 03 16-20 oz of water



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Sports Nutrition Game Day

### 2 Hours Before

- 01 Carbs: top off your tank with a banana, apple & peanut butter, energy bar.  
Some protein is good, but too much may cause an upset stomach come game time.  
Ex: 2-3 slices deli meat, spoonful of peanut butter.
- 02
- 03 Another 16-20 oz water



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Sports Nutrition Game Day

## During The Game

- 01 Carbs: top off your tank with a banana, apple & peanut butter, energy bar.
- 02 Maintain fluids & hydration.
- 03 Maintain electrolytes: sodium & potassium.



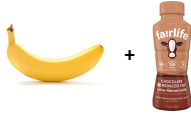
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Sports Nutrition Game Day

## Post Game:

2-3:1 carbs to protein

- 01 Carbs: 4-6 g/ lb body weight
- 02 Protein: 2-3 g/ lb body weight
- 03 Drink 16 oz of fluid for every pound lost during the game



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Sports Nutrition Game Day

## Need Balanced Snack Ideas?

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Vending Machine/Convenient Store      At Home/Cheap Snacks

Carb	+	Protein	Carb	+	Protein
	+			+	
	+			+	
	+			+	
	+			+	
	+			+	

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Sports Nutrition The Big Picture

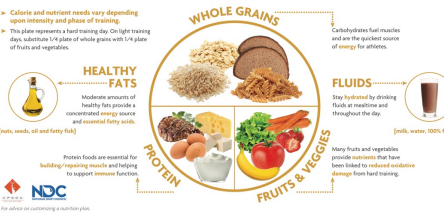
## Putting it all together

- 01 Recovery
- 02 Sleep
- 03 Hydration
- 04 Everyday Nutrition & Performance Plate
- 05 10 Nutrition Tips
- 06 Game-Day Nutrition
- 07 On-The-Go Nutrition
- 08 Nutrition Game Play

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