

Sports Nutrition

Hydration

- **Before Exercise:**
 - Start exercise well hydrated
 - 16-24 fl.oz. of water within the 2 hours prior to training
 - At 10- 20 minutes prior to exercise consume another 7-10 fl.oz. of water
- **During Exercise:**
 - Consume approximately 6-12 fl.oz. every 10-20 minutes throughout training
 - Drink beyond your thirst!
- **After Exercise:**
 - It is recommended to record weight before and after training. Especially in hot & humid conditions, in extreme cold weather training, for individuals with a high sweat rate, as well as high altitude. These variables can increase one's rate of water loss during training.
 - Should replace every 1# loss in weight with 16-24 fl.oz. of water
 - Total fluid consumed should be focused within 2 hours post-training, however fully consumed within 6 hours.

Post Practice

The faster you eat/drink, the faster you recover!

•Especially important for two-a-days and all day events!

Within 30 minutes of exercise

oCARBS & PROTEIN

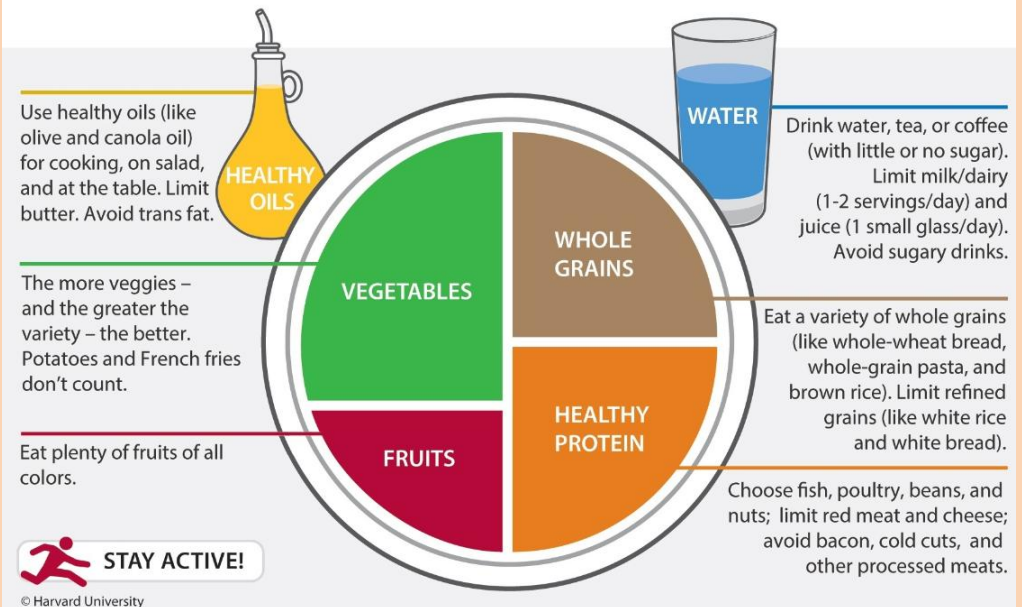


Meal Ideas:

- oChocolate milk and banana
- oYogurt parfait
- oTurkey and cheese sandwich with apple
- oWrap with hummus and cheese
- oEnergy bar and piece of fruit

Repeat again in 1-2 hours if NOT eating a full meal

HEALTHY EATING PLATE



Harvard School of Public Health
The Nutrition Source

Harvard Medical School
Harvard Health Publications

For more information: <https://www.nata.org/practice-patient-care/health-issues/nutrition>