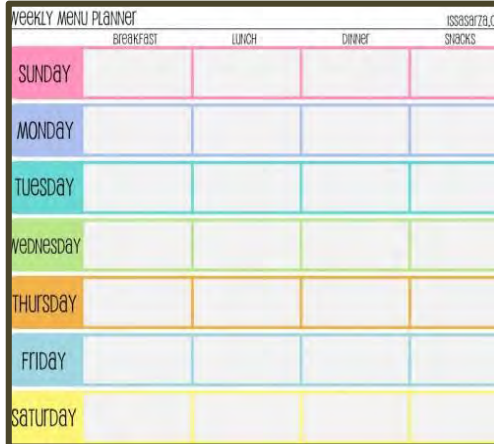


Sports Nutrition Panel Makes Recommendations For High School & College Athletes

We asked our panel of 14 expert sports nutritionists what top 3 habits they recommend that athletes engage in to improve performance. Here are their top answers:

1. **Sleep** - The average American gets only 6.5 hours of sleep. Keeping a consistent sleep schedule and getting at least 8 hours of sleep provides the body with an opportunity to rest, repair and grow.
2. **Food Tracking/Nutrition Planning** - Nutrition planning will ensure that you have the right foods and beverages readily available to eat before, during and after exercise. Poor food choices often happen when the right food is not available.
 - ✓ Stock up on healthy grab and go foods and beverages like single serve milk, containers of yogurt, cut-up cheese with crackers, cheese sticks, whole-fruit, raw veggies, hard-boiled eggs, whole wheat bagels and small bags of nuts.
 - ✓ Have a variety of mini-coolers and ice-packs at your disposal. Think of these items as part of your equipment so it's easy to pack meals, beverages and snacks to go.
3. **Don't Skip Meals** – Evenly distribute your fuel throughout the day and always eat breakfast. Skipping meals reduces energy supply to muscles which can decrease performance and increase risk for injury. Skipping meals can also result in missing out on important nutrients.

TRACK IT



PACK IT



SNACK IT

