WHY?

- The American College of Sports Medicine says, “Adequate food and fluid should be consumed before, during, and after exercise to help maintain blood glucose concentration during exercise, maximize exercise performance, and improve recovery time.”
- Provide body with efficient amount energy and nutrients needed for intense exercise
- To reach personal goals and expectations
- To perform at highest level

When to eat?

- Highest Performance
  - 3-4 Hours Prior to training

What to eat?

- Fluids
  - at least 16oz within 2 hours prior

- Food (300-400 calories)
  - high in and easily digested complex carbohydrates (70 to 80 percent of calories)
  - low to moderate levels of fat (less than 15 percent of calories), protein (10 to 12 percent),
  - fiber for quick digestion and less stomach upset

“By failing to prepare, you are preparing to fail”
- Benjamin Franklin