

HEALTH TIP

THE WIN WITHIN
VICTORIOUS

The Importance of Sports Nutrition

Because you are what you eat, drink, think and do!



HYDRATE RESPONSIBLY

Water is the gold standard and the elixir of life for everyone, especially athletes. Drink small amounts frequently throughout the day and more when you're engaging in strenuous activity.



KEEP YOUR DIET BALANCED

The right combination of fuel for athletes at every meal will consist of calories from carbohydrates (60-70%), protein (12-15%), and fat (no more than 20-30%).



ADJUST YOUR INTAKE BEFORE COMPETITION

Try to avoid eating foods that are high in protein or high in fat on the day of a competition. Instead, focus on carbohydrates that are easily digestible.



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