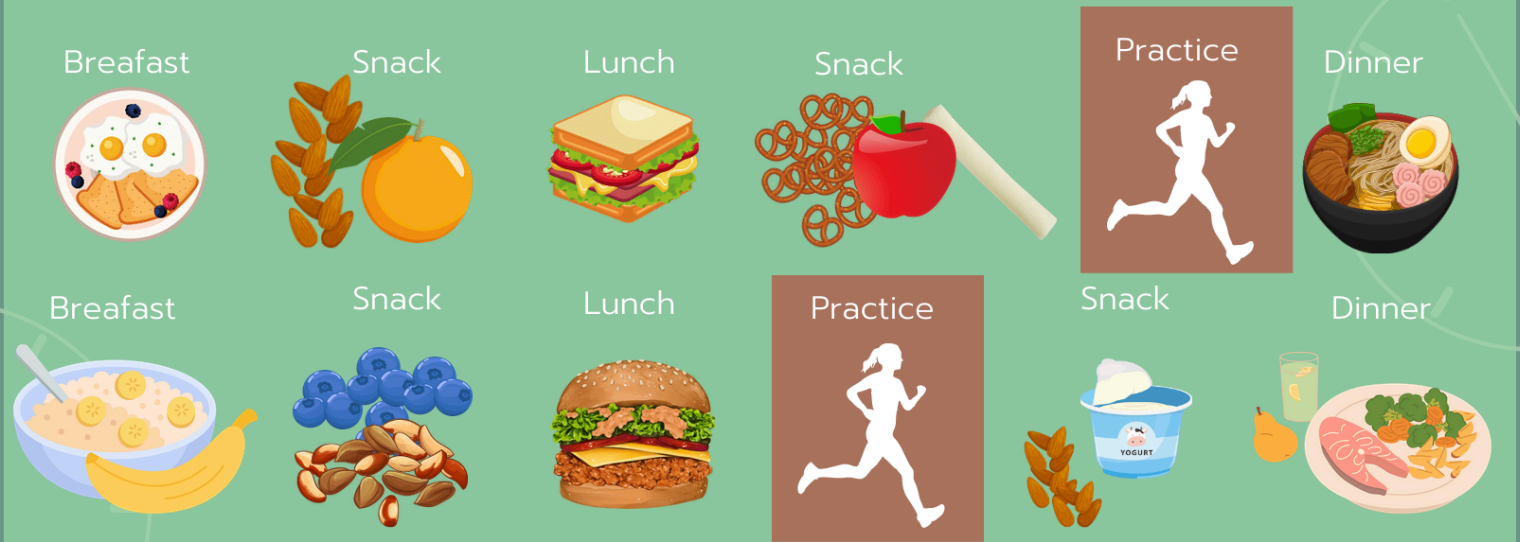




Eating Frequency

Example of School Day + Practice



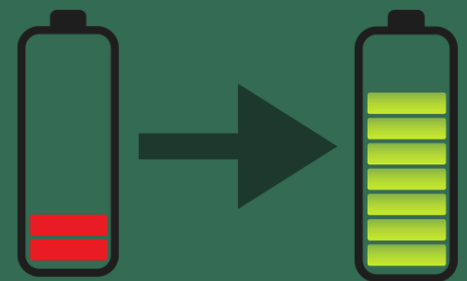
Steps to Increasing Eating Frequency

1

Make sure to eat breakfast!

Why is it important?

Start your day with a fully charged battery.

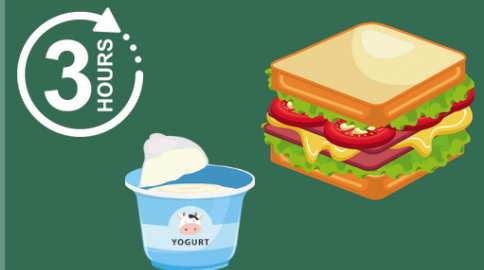


2

Eat a meal or snack every 2 to 3 hours

Why is it important?

Provides consistent energy & adequate nutrient intake throughout the day.



3

Fuel before and after training

Why is it important?

Easily digestible carbohydrates (pre- & post- exercise) & protein (post-exercise) tops off energy stores for workouts & aids in recovery after training.

