

Follow these tips to set yourself up for a great Workout!

**Tip #1: What & How Much?**

Your pre-workout meals/snacks should be:

Carbohydrate-rich

Moderate in protein

Low in fat

Consumed 2-4 hours before training

This could look like: grilled chicken over brown rice with a mixed salad, noodles with vegetables and chicken, a turkey sandwich with an apple, or a 2-egg scramble with veggies, potato and a side of Greek yogurt

**Tip #2: What you eat ALL DAY matters too!**

Aim to eat a source of lean protein with every meal, consume healthy fats (nuts, seeds, avocados, olive oil, etc.), and **eat plenty of fruits and vegetables**. To put in the best workouts, your body needs the right fuel all day long!

A body filled with chips, cookies, McDonalds, and Pizza does not want to work. You need to fuel yourself properly all day with proteins and good Carbohydrates. Instead of pretzels, grab an apple. Skip the Chips and have whole wheat toast!

**Tip #3: Refuel SMART post Workout.**

This is another great time to get in some healthy Carbs! Reach for a piece of fruit, have a whole wheat Peanut butter and Jelly sandwich, even some homemade popcorn (easy on the butter!), or a banana with a tablespoon of peanut butter works. A glass of Chocolate Milk works in a pinch too. You should have something quick and easy waiting for you in the car. This will fill your glycogen back up and make your next workout feel stronger. When you get home have another small meal. Reach for a protein source and some vegetables. Again, avoid fast food, or anything greasy. Aim for a palm size portion of protein and another palm of veggies.

**Tip #4: Don't skimp on the water!**

We know you are in a pool all night BUT that doesn't mean you don't need to still drink you water! Be sure to start each day with a glass of water, and drinking during the school day. Aim to stop at the water fountain between every class, or bring a full bottle of water for the day and sip whenever you can. You do not need fancy sports drinks to get you through your workout, plain water works fine! Aim for 8 full glasses a day!