



# Sports Nutrition

## Maximize Your Efforts: EXOS Sports Nutrition Guidelines

### Pre-workout

Going into a workout properly fueled can improve performance and jump-start recovery. Top off your fuel tank with a small, balanced snack containing a carbohydrate, fluid and a small amount of protein about one to two hours before activity. Make sure to hydrate with 16 to 20 ounces of water.

### Pre-workout snack suggestions:

- Yogurt with fruit and granola
- Small bowl of cereal with milk and a banana
- Half a turkey sandwich and fruit
- Peanut butter and jelly sandwich
- 1 cup of trail mix

### During your workout

It's important to stay hydrated during exercise to maintain performance and cognition. Carbohydrate, fluid and electrolyte levels are quickly depleted in sports. Replenishing these nutrients plays a huge part in performance, especially during multiple-game events.

### General hydration guidelines during workouts:

- Keep weight loss to less than 2% during your workout (e.g., a 100-pound person should lose no more than two pounds of body weight).
- Take four to six big gulps of fluid about every 15 minutes.
- Weigh yourself before and after activity. Drink 24 ounces of fluid for every pound of weight you lose during activity.

### Drinking sports drinks:

- Choose water or lower-calorie electrolyte replacement beverages if you're training for less than an hour, at a low intensity or if you're aiming to lose weight.
- Grab a sports drink if you're training for over an hour, training in extreme environments, you haven't had any fuel, you have a short but extremely intense workout or you're looking to gain lean body mass.

- Choose a sports drink with at least 110 to 240 milligrams of sodium per eight ounces to help prevent cramping and maintain electrolyte levels
- All you need is 20 to 32 ounces an hour to keep your body fueled. Use water for the rest of your hydration needs.

**Post-workout**

The sooner you get your post-workout nutrition, the quicker you'll recover. The right blend of nutrients will help you get the most out of your training, boost your energy levels to keep you sharp and support your body's recovery process. Eating the right ratio of carbohydrates and protein after workouts repairs muscle, speeds recovery and re-energizes the brain and body.

**Within 30 minutes of training:**

- **Refuel with carbs**  
The more intense the training, the more carbohydrates you need.
- **Rebuild with protein**  
Body weight determines protein needs post-workout.
- **Rehydrate with fluid**  
Drink 24 ounces of fluid for each pound lost during training.

What You Need to Recover		
Body Weight (lbs)	Protein (g)	Carbs (g)
60-90	5-10	10-20
91-120	10-15	20-30
121-150	15-20	30-40
151-180	20-25	40-50
181-215	25-30	50-60
216-250	30-35	60-70
251-300	35-40	70-80
301-330	40-45	80-90

**Recovery nutrition options:**

- Recovery shake made with 100% whey protein isolate plus a banana
- Greek yogurt with fruit and granola
- Twenty ounces of chocolate milk or soy milk
- Scrambled eggs with whole-wheat toast and fruit

**Looking to take your game to the next level?**

The Children's Health<sup>SM</sup> Andrews Institute Sports Performance powered by EXOS offers individualized sports performance training and nutrition plans. Call to book your appointment today.



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