

# Tips: Fuel your fitness



## Purpose:

- To perform to your potential
  - Prevent fatigue and hunger
  - Maintain high energy and focus
  - Fuel muscles and brain
- **Start the day right with a balanced breakfast.**
  - **Eat regularly throughout the day.**
    - o 5-6 small meals
    - o or
    - o 3 meals and 2-3 snacks.
  - **Eat 2-3 pieces of fruit and at least 4 servings of vegetables daily.**
    - o Fruits and veggies boost immunity, enhance your overall health and give you plenty of energy.
  - **Not all carbs are bad—choose smart carbohydrates.**
    - o Oatmeal, rice, pasta, whole grains, and sweet potatoes are examples of smart carbohydrates.
  - **Protect your body with healthy fats.**
    - o Healthy fats decrease inflammation and provide energy.
    - o Nuts, seeds, avocados, olive oil, coconut oil and fish contain healthy fats.
  - **Build your body with lean proteins.**
    - o Fish, chicken, turkey and pork are examples of lean proteins that help to repair and recover your muscles.
  - **Say no to junk food**
    - o Limit your intake of processed foods.
    - o Avoid fast, fried and greasy food.
  - **Add a post-workout snack**
    - o Eat at least 100 calories of carbs within 30 minutes of exercise, and a healthy, balanced meal of proteins and carbs within 60 minutes.

To learn more on how to play at your peak, meet the team at Mercy Sports Medicine or visit [mercy.net/fuel](https://mercy.net/fuel)



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