



Practical Ways to Recover & Re-Energize Faster	
Immediately Following a Game, Practice or Workout Session	<ul style="list-style-type: none"> *Immediately begin restoring lost fluid by drinking water *Within first 15 minutes post-exercise, consume a sports drink or energy bar *Static stretch lightly, while the muscles are still warm *Mentally unwind by listening to relaxing music on the way home
Once You're Home After a Game, Practice or Workout Session	<ul style="list-style-type: none"> *Shower as soon as possible *Within 60 minutes of exercise, eat a meal with carbohydrates & protein *Continue to rehydrate throughout the evening until your urine is clear in color *Alternate between hot (30 sec) and cold (30 sec) in the shower, repeat 3 to 5 times *Unwind listening to relaxing music in the house/apartment/hotel
How to Unwind in the Evening	<ul style="list-style-type: none"> *Shower with warm/hot water to relax your muscles and your mind *Foam roll and perform long static stretches to release tension in muscles *Turn on soft, slower-tempo music to relax your mind
How to "Shut Down" the Body So You're Able to Fall Asleep Easily	<ul style="list-style-type: none"> *15 min before your head hits the pillow, avoid looking at all electronic *Use relaxation techniques such as prayer or visualization of your positive, practice or strength & conditioning moments. *Read, listen to an audio book, drink decaffeinated tea
The Morning Following a Game Practice or Workout	<ul style="list-style-type: none"> *Take note of how you feel (refreshed, still tired, note your quality of sleep) *Consume a well-balanced, protein-rich meal within 60 minutes of waking *Begin hydrating with mostly water vs. juices, coffee or other stimulants
Getting Your Body Physically Ready on the Day of a Game	<ul style="list-style-type: none"> *Take a nap for 30 min, 60 min or 3 hours if you did not sleep 7 hours *Make breakfast, lunch and dinner a priority. Carbohydrate and Practice or Workout water intake should be high or athletic performance may suffer *Remain in a relaxed, positive mental state throughout the day



Nutrition Made Simple		
CARBOHYDRATES	PROTEINS	FATS
Best Choices	Best Choices	Best Choices
Breakfast	Breakfast	Breakfast, Lunch, or Dinner
100% Whole Wheat or Whole Grain Bread or Bagel	Milk	Whole Eggs (including the egg yolk)
High Fiber Cereals (Special K, Cheerios, Raisin Bran)	Whole Eggs (including the egg yolk)	Milk
Bananas, Apples, Berries, Pears, Plums	Cottage Cheese	All Nuts or seeds (Chia Seeds, Sunflower, Almonds, Peanuts)
100% Fruit Juices	Low-Fat Cheese	Avocados or Guacamole
Oatmeal	Soy Milk	Coconut Oil, Extra Virgin Olive Oil, Canola Oil
Grits	Greek Yogurt	Fish (Salmon, Tilapia, Canned Light Tuna, Sardines, Trout)
Lunch & Dinner	Lunch & Dinner	Fruits and Vegetables
100% Whole Wheat Bread or Bagel	"All Natural" Peanut Butter	Spinach, Kale, Collard Greens, Romaine Lettuce, Green Beans
Ezekiel Bread	Quinoa	Mushrooms, Green/Yellow/Red Peppers, Carrots, Onions
Barley	Beans (Pinto, Green, Black, Kidney, Lima)	Broccoli, Cauliflower, Asparagus, Cucumber, Tomatoes
Whole Grain Pastas	Grilled or Oven-Baked Chicken Breast	Strawberries, Blackberries, Blueberries, Cranberries
Brown Rice or Wild Rice	Fish, Tuna, Seafood	Apple, Banana, Kiwi, Pineapple, Grapefruit, Orange, Grape
100% Whole Wheat Tortilla	Lean Deli Meat (Chicken or Turkey)	Salad Dressings
Sweet Potato	Turkey Burger	Best Choices
Quinoa	85% (or greater) Lean Ground Beef/Turkey	Any Fat-Free Dressing
Squash	Chick Peas or Lentils	Balsamic Vinaigrette
Peas	Edamame	Extra Virgin Olive Oil
Corn	Hummus or Tofu	
WORST CHOICES		
White Rice, White Pasta, White Bread/Bagel	Sodas (including zero or low calorie/low sugar)	75% Lean Ground Beef
Tortillas, Pancakes, Waffles, Croissants	Energy Drinks (Red Bull, Monster, Rockstar, etc)	Fried Chicken, Fried Fish, Fried Seafood
Cheese or Queso Sauce	Sports Drinks (ONLY drink during & after exercise)	Bacon, Sausage, Ham, Bologna
Ice Cream (including low-fat ice cream)	Fruit Juices from concentrate/not 100% juice	Salami or Pepperoni
Cheese, Gravy, Alfredo Sauce		Hotdogs, Turkey Dogs, Hamburgers
Thousand Island, Italian, Poppy seed	Caesar, Ranch, Greek	Fried Foods

