



ATHLETE **PERFORMANCE**

FOR AN ATHLETE TO PERFORM AT THEIR BEST, IT IS IMPORTANT TO EAT A HIGH-CARB, MODERATE PROTEIN, LOW-FAT MEAL **THREE HOURS BEFORE** TRAINING OR COMPETING, FOLLOWED BY A SNACK EVERY HOUR.

NUTRITIONAL RECOVERY SHOULD OCCUR **IMMEDIATELY AFTER** COMPETITION. UNTIL AN ATHLETE RECOVERS FROM THE STRESS OF TRAINING, THEIR MUSCLES CANNOT ADAPT PROPERLY.

