

# **SPORTS NUTRITION PHILOSOPHY**

**BY JOSH HINGST**

Nutrition is a vital aspect to physical development and sports performance. The goal is to educate athletes on the role nutrition plays in these two components of athletic success. Sports nutrition is a dynamic field fueled by scientific research. PowerRev Nutrition principles are based on this research and are then applied to the training and living environments of our athletes to maximize physical development and performance.

## **NUTRITION PRINCIPLES**

### **HYDRATION**

Hydration is a vital component to health and performance. 1-2% losses in body water can equate to 5-15% decreases in performance. Proper hydration and electrolyte protocols are vital for athletic success and the prevention of heat related illness. It's also important for athletes to be educated on the correct fluids, when to drink Gatorade, powerade, juice, and milk.

### **PRE/ RE-FUELING**

Proper nutrient timing is essential for the restoring of fuels and the rebuilding of muscle. Proper nutrients administered prior to and following exercise can make substantial differences in recovery and gains in strength, speed, and power.

### **CONSUME A BALANCED AND VARIED DIET**

Athletes need all foods. Each particular food group provides important nutrients for athletes in both development and recover. Fruits, vegetables, nuts, and seeds provide key vitamins, minerals, antioxidants, and healthy fats. Breads, grains, cereals, pasta, and starch vegetables provide key carbohydrates needed by athletes during training, practice, and competition. Lean meats, dairy products, and beans provide the protein and amino acids needed by muscle for recovery and rebuilding.

### **EAT CONSISTENTLY**

Athletes need to fuel their bodies throughout the day. Consuming 3 meals and healthy snacks is key to maintaining energy levels and improving body composition. Athletes are encouraged never to miss meals and snack 2 or 3 times throughout the day.

### **MEET YOUR ENERGY NEEDS**

Consuming enough calories throughout the day is also very important. Male and female athletes need to understand how many calories they expend and make sure that they are meeting these calorie needs. Failing to meet calorie needs will decrease performance and could result in significant physiological changes.

### **FOOD FIRST/ SUPPLEMENTATION**

Athletes are bombarded with sports supplement advertisements and claims. Sports supplements are poorly regulated, may be dangerous for athletes to consume, and may cause athletes to fail drug tests. Despite these negative dangers, 85-90% of athletes are using some type of sports supplement. Supplementation is a personal choice by the athlete. Recommendations on sports supplements is based on positive research outcomes.