

## *Athlete's Golden Nutrition Rules*

### **Fuel Up to Perform at Your Best!**

- **Avoid Sugar**
- **Avoid Fried Food**
- **Drink Half Your Body Weight in Ounces of Water Daily**
- **Drink an Additional 8-10 ounces of Water for Every 20 minutes of Exercise - Bring Water to Practice**
- **Eat 3 Meals a Day + Snacks**
- **Fuel Up at Least 1-2 Hours Before practice/training**
- **Fuel Again Within 30 Minutes Following Practice/Training**

