AGUA

Beine Wellness Building

Nutrition Bite

September 2023

Our team is here for you: Beine Wellness Building is here to guide you, support you, and be a resource for you through your wellness journey!

In this week's "bite," we'll dive into pre-meet fueling! Nutrition is your secret weapon for peak performance. It's time to propel ourselves towards success by cultivating the habits that will make this season our best yet! Let's dive in!

1. **Hydration is Key**: Remember, water is your best friend. Stay hydrated before, during, and after your races to keep your body at its peak performance.
2. **Carbs for Endurance**: Carbohydrates like pasta, rice, and whole grains provide the energy you need for those long laps.
3. **Protein Power**: Lean protein sources, such as chicken, fish, or tofu, help with muscle repair and recovery. Include them in your pre-meet meals.
4. **Breakfast Matters**: Start your meet day with a light and easily digestible breakfast. Think oatmeal with fruit or yogurt for a quick energy boost.
5. **Smart Snacking**: Between races, opt for snacks that are rich in carbs and low in fat, such as energy bars, fruit, or nut butter on whole-grain crackers.
6. **Steer Clear of Fatty Foods**: Heavy, greasy meals can slow you down. Avoid them on race day to prevent any discomfort.
7. **Electrolyte Balance**: Replace lost electrolytes with sports drinks or foods like bananas and oranges between races.
8. **Timing is Everything**: Plan your meals and snacks so you have enough time to digest before hitting the water. Avoid eating too close to your swim times.
9. **Consistency Counts**: Stick to familiar foods on race day. Now is not the time to experiment with new dishes that might not agree with you.
10. **Stay Relaxed**: Keep those nerves in check by practicing relaxation techniques like deep breathing before your races.

Celebrate every achievement, no matter how small. Each step towards your goal is a victory worth acknowledging and celebrating. Every stroke you take and every lap you complete brings you one step closer to your goals. Embrace the journey, and let's make this season one to remember. See you in the pool!

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