

## The 5 R's Of Recovery

- Replenish
- Repair
- Reinforce
- Rehydrate
- Rest

## Repair Foods

**Repair Food's** or foods rich in protein are important for building and repairing muscles, but a varied diet containing everyday foods will generally supply more than enough protein. Well-chosen vegetarian diets can easily meet protein needs. Eating a small amount of protein just after training may help promote adaptations in response to the training stimulus.

DAIRY	MEAT & FISH	VEGETABLES
Milk Yoghurt Egg whites	Lean Beef White Chicken Fish Canned Tuna Turkey Breast Pork	Dried Beans Lentils Chick Peas

## Replenish: Why

Whenever highly talented, motivated, and well-trained players meet in competition, the margin between victory and defeat is small. Attention to detail can make that vital difference. Diet affects performance, and the foods that we choose in training and competition will affect how well we train and play. Every player needs to be aware of their personal nutritional goals and of how they can select an eating strategy to meet those goals.

Every player is different, and there is no single diet that always meets the needs of all players. Individual needs also change across the season and players must be flexible to accommodate this. Diet may have its biggest impact on training. A good diet can help support consistent intensive training while limiting the risks of illness or injury. Good food choices can also promote adaptations to the training stimulus – this can lead to more improvement for the same training load. The right diet is also important in preparing for games and in aiding in recovery afterwards.

## Energy Foods

**Carbohydrates** supplies the muscles and brain with the fuels they need to meet the stress of training and competition. Players must be aware of what foods they should choose to meet their carbohydrate needs, how much should be eaten, and when these foods should be eaten.

VEGETABLES	WHOLEWHEAT	BEANS
Eggplant Corn Carrots Potatoes	Pasta Rice Bread Tortillas Bagels	Dried beans Black Beans Chickpeas Lentils

## The Perfect Meal

Getting the right amount of energy to stay healthy and to perform well is key. Too much and body fat increases; too little and performance falls, injuries increase, and illness results. Making sure you are making the perfect meal is vital for an athlete's physical and mental development/performance on and off the field. The Perfect meal includes repair foods, energy foods, and protection foods. Please refer to "The Perfect Meal" for break downs and examples of the right choices in each category.



## Protection Foods

**Protection foods** help boost immunity and aide in digestive function. Make sure when choosing your foods always eat a variety of colors. Some Fruits and vegetables serve dual purposes. A varied diet that meets energy needs and is based largely on nutrient-rich choices such as vegetables and fruits should ensure an adequate intake of vitamins and minerals. Excluding any of these food groups means that more careful food choices must be made.

FRUIT	VEGETABLES	NUTS
All Eat a variety colours Examples: Cranberries Orange Apples Bananas	All Eat a variety colours Examples: Lettuce Carrots Spinach	All Except peanuts Examples: Almonds Walnuts Hazelnuts

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## Hydration Foods

**Hydrate** with foods: foods like watermelon, grapefruit, strawberries, and cantaloupe are great for pre training and can help with fluid balance and give you more nutrients.

Have a sport drink close by on match days or training, sports drinks are high in electrolytes, potassium, and sodium, which should be used for prolonged exercise of 60 minutes or more.



## Why you hydrate?

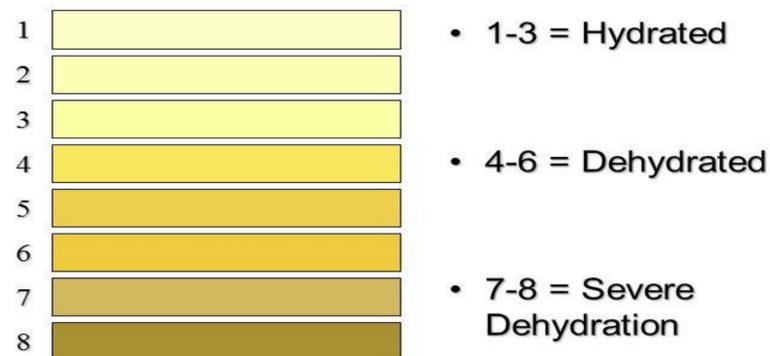
**Maintaining hydration is important for performance.** Fluid intake before, during and after exercise is important, especially in hot climates. When sweat losses are high, foods and drinks consumed must contain sufficient water and salt to replace these losses.

**Hydration** is an all-day game plan; Males should consume 125 oz of liquid per day. Females should consume 91 oz of liquid per day. That's a lot of water and hard to do, so let thirst be your guide.

- A good way to monitor fluid loss is: Weigh yourself before and after training and matches, for every pound lost replace with 20-24 oz, which is 1 shaker bottle of water or sport drink within 2 hours of activity.
- Drink 17-20 ounces (1 shaker bottle) of water two to three hours before the start of exercise.
- Drink 8 ounces (less than half a shaker bottle) of fluid 20 to 30 minutes prior to exercise or during warm-up

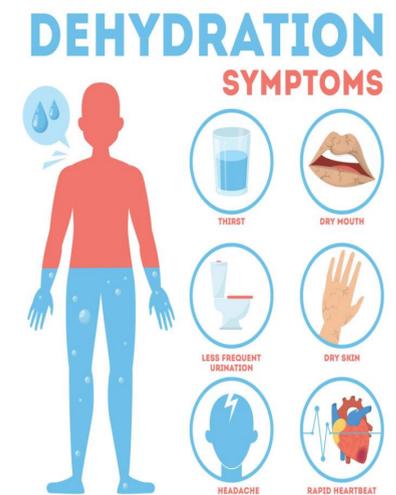
## Are you hydrated?

Hydration Urine Chart



## Signs/symptoms of dehydration?

Watch for signs of **dehydration**: things like muscle cramps, muscle fatigue, coordination decline, a quick decrease in energy, reduction in athletic performance, headache, nausea, weakness, dizziness. Refer to hydration chart to monitor urine color during the day, before and after sporting events.



## 1..2..3..Hydrate!

Establish fluid breaks: consuming 4-8 oz which is half a cup to 1 cup of fluid every 15-20 minutes of activity will assist with fluid replacement and prevent dehydration.

