



Your Game Plan for Performance Success

As an athlete, you know your performance depends on natural ability and hard training. Giving your body the nutrition it needs helps maximize your performance. Depriving your body of the essential components of good nutrition limits your potential.

The Nutrition Game Plan can help you maximize your athletic potential. Poor nutrition holds you back. Make nutrition a performance priority.

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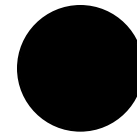
The first step is to make a commitment to high performance eating.

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The second step is to cut through the confusion and get some reliable information. **The Nutrition Game Plan** provides information about the four areas where nutrition impacts performance:

- General Health
- Conditioning
- Training/Competition
- Fine-Tuning

GENERAL HEALTH



Most of what newspapers and magazines tell us about the do's and don'ts of nutrition is related to preventing heart attacks and cancer for couch potatoes. This may or may not apply to you as an athlete. **The Nutrition Game Plan** will cut through the confusion and provide information for athletes on: Fat • Sodium • Alcohol • Fast Food and other topics

How It Works:

The Nutrition Game Plan is part of the sports nutrition program offered by the International Center for Sports Nutrition.

Watch for new information to be posted - and new handouts!



CONDITIONING

Off-Season and Pre-Season Conditioning is the right time to work on fundamentals:

- Gain Muscle
- Lose Fat
- Enhance Endurance
- Maintain Energy

Identify your goals, then check out **The Nutrition Game Plan** program to see how nutrition can help you improve strength, gain muscle, lose body fat and maintain your energy level!

TRAINING

Grueling practices, travel, work and hectic competition schedules make it hard to optimize nutrition during the most important time of the year – in season. Nutrition problems, like:

- Not drinking enough water
- Not getting enough carbohydrates
- Lack of protein
- Unwanted weight loss or gain

Can all get in the way of a great season. **The Nutrition Game Plan** offers tips for optimizing your training diet.



FINE TUNING

You have your own physical and psychological needs, likes and dislikes. Pre-competition eating, recovery from injury, dietary supplements, and food choices are individual matters – and they are all part of the fine-tuning necessary to help improve performance. Upcoming topics:

- Creatine
- Vitamin Pills
- Pre-competition Eating
- Timing of Meals
- Sport Drinks.

