

FUEL YOU

Having a balance and nutritious diet is important to ensuring you have energy to feel and play your best. Below are 3 easy ways to ensure you fuel up before your next adventure.



Hydrate: Drinking plenty of water or low-sugar sports drinks before, during and after your practice and games allows for your body to work at its best performance levels.



Try new foods: Trying a variety of foods vs. only eating one type of food is good for you because a balanced diet offers more changes for including nutrients like vitamins and minerals that help you grow strong and concentrate.



Fuel up: Just like a car needs gas to run smoothly, you need food and hydration. Be sure to eat healthy and drink water throughout the day based on your parent and coaches recommendations. Eating well-balanced foods can help you have the energy you need to concentrate and do your best!



