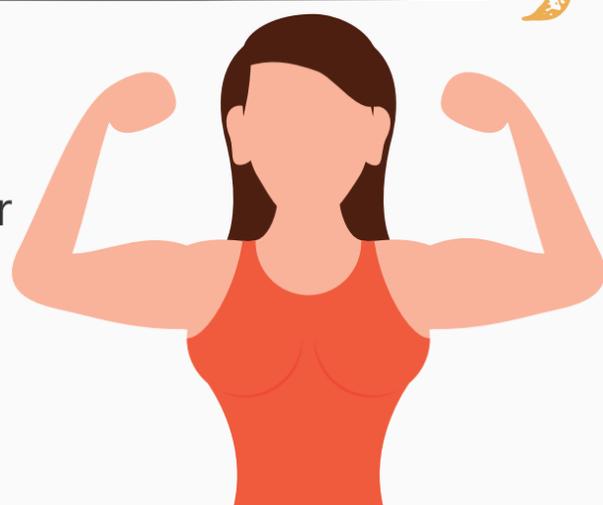


Sports Nutrition

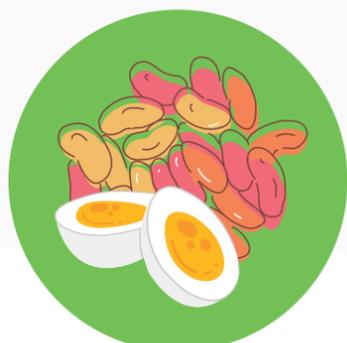
Fueling your body for movement: Injury Nutrition

1 Energy Needs



Energy needs are how much fuel your body needs to function in your life. This is made up of the resting metabolic rate (how much energy needed to function without any movement), activity level (how much and how hard are you moving), and stress factor (including injury, school stress etc.). Healing the body takes additional food to fuel the recovery process! Not getting adequate nutrition can slow healing, decrease training benefits and lead to increased risk of injury.

2 Injury Healing



PROTEIN (AMINO ACIDS)

BENEFITS	SOURCES
<ul style="list-style-type: none"> Supports Wound healing Tissue rebuilding Preserves lean muscle mass 	<ul style="list-style-type: none"> Meat & Poultry Fish & Seafood Eggs Dairy Legumes



OMEGA-3 FATTY ACIDS

BENEFITS	SOURCES
<ul style="list-style-type: none"> Reduce muscle loss Assists in reducing inflammation 	<ul style="list-style-type: none"> Salmon Walnuts Sardines Flax seeds Chia seeds



VITAMIN D

BENEFITS	SOURCES
<ul style="list-style-type: none"> Calcium regulation Immune regulation Lack of Vit D slows healing 	<ul style="list-style-type: none"> Salmon Egg Yolks Fortified dairy and non dairy beverages

3 Under Fueling

Not getting enough nutrients to support the exercise being done leaves you at risk for illness and injury. Outcomes of prolonged energy deficiency include; decreased endurance, increased injury risk, decreased training response, irritability and more.

SIGNS AND SYMPTOMS

UNDER FUELING

FUELING ADEQUATELY

 Low energy throughout the day

 Energized throughout the day

 Poor Recovery, consistent injury or illness

 Seeing performance improvements

 Difficulty making it through a training session

 Enough energy to make it through training sessions