

**Put This In, Take This Out ~ Sports Nutrition That's  
Essential Fuel for A Lean and Healthy Body ~  
Beginner or Seasonal Pro Tips Vol.9..**



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## **Table of Contents**

### **Introduction**

Chapter 1: What Is Sports Nutrition

Chapter 2: Hydration's Key

Chapter 3: Fueling Your Body

Chapter 4: Carbohydrates Rule

Chapter 5: The Need For Protein

Chapter 6: The Story With Fats

Chapter 7: Meal Planning For Your Game

Chapter 8: Food That Works Well

Chapter 9: Foods That Will Hurt

Chapter 10: Supplements

Conclusion

### **Introduction**

Sports nutrition is nothing short of essential. What you do not know about the athletes that you see on the television,

competing in the Olympics and breaking world records is that they have a plan in place that allows them to succeed.

If you will succeed at your sport, you too need to insure that your nutrition is the top of the line. Do you know what you need to do?

Ask yourself these questions:

🕒 Do you know when to eat before your game is to start?

🕒 Do you know what foods are going to help to ultimately win the game if eaten before you compete in the game?

🕒 Do you truly know how much hydration your body needs to power its way through all that you plan to put your body through?

🕒 Did you know that with proper nutrition, the right plan and consistency, your body can do better, perform harder and be more likely to be successful at what you want it to do?

**Dedication Counts**

When it comes to sports nutrition, there is no reason to assume that you know it all. In fact, you should be hungry for learning. Learn about what is out there to help enhance your body's performance. Learn about what you should be doing now so that your time on the floor is perfectly optimized. And, learn how to properly take care of yourself to avoid the risk of injury.

When it comes to these things, dedication is the most essential element. You will learn in this book that it takes a lot of hard work and dedication to be successful at sports nutrition. There are no short cuts worth taking either.

Knowledge is the first key to success. You will learn how sports nutrition affects virtually every aspect of your game and how you can better enhance your game by the foods, exercises and processes that you put your body through.

You should dedicate time to work through these steps and suggestions to better your overall performance. As we mentioned, it takes quite a bit of dedication. Therefore, do not expect to eat the right meal and get results right away.

Your body needs you to provide it with the fuel that it needs to do each and every thing that you want to do. Yet, most

sports players do not pay enough attention to their goals in sports nutrition. Many make the mistake of believing that if they just work harder that they can do what needs to be done.

### **Work Smart By Learning First**

As an athlete, you need to look at all aspects of the game. Therefore, it is up to you to insure that your game has all the fuel and power behind it to allow you to succeed quickly and effectively.

To get started, read through our ebook and learn what you are missing. Then, move to using these elements in your everyday life, by adding them in as you go. You should expect it to be hard work. But, when you implement the changes you find here, you can also expect to find results.

It is recommended that you spend some time at least talking with your doctor to insure that your health is at an optimal level before playing any sport or changing your diet drastically. Additionally, if you are facing any physical challenges or taking medications, insure that it is safe for you to follow these recommendations.

Success can and does happen when you look at all areas of your game including sports nutrition.

## **Chapter 1: What Is Sports Nutrition**

Today is the day that you begin to enhance your game. As an athlete, you already know that you need to work hard at insuring that your skills on the court, field or track are the best they can be.

You want to insure that your body is doing everything in the correct manner from start to finish.

You may spend hours perfecting your movements. You may work to build your muscle to enhance how well you can throw that ball.

Or, you may spend countless hours pushing your body to just get past that race line by a fraction of a second better.

All of these things are essential parts to being a successful athlete. There is no doubt about that. But, that is not all

that you need to handle either.

## **Off The Court Work Outs**

Besides planning your next routine, your next set of reps and your next game, you should be concentrating on your nutrition. Think about it.

What your body eats is what makes it move.

What you put into your body is the fuel it will use to do the things that you want it to do.

What you do not put into your body can not help you to succeed either.

While it may sound hard to determine what the right products are, it does not have to be.

As an athlete, you need to focus your time on sports nutrition as much as you focus it on your workout.

You should take the time to learn about what your body needs, how it reacts to the foods you put into it and how



well it will perform based on the fuels you provide it.

The good news is that sports nutrition can be broken down into a much less difficult thing especially in comparison to the workout that you know that you need.

## **Aspects Of Sports Nutrition**

There are several aspects that you need to consider when it comes to sports nutrition. This is the overview of what we will cover here.

🕒 **Hydration:** Your body needs fluids first and foremost. It needs the right type of fluids and they need to be provided at the right time. This may be a bit tricky at first, but ultimately, without fluids, your body is completely limited in what it can and will do for you.

🕒 **Carbohydrates:** No, we are not talking about any type of diet here. In fact, carbohydrates are an essential building block for your body's workout. You need to know when to eat them, what they will do for you, and how much to consume. Luckily, you will find that information here.

🕒 **Proteins:** Protein is the building block of our body's muscle. Without the right types of proteins in your body, your body can not successfully build muscle groups to accomplish tasks that you want it to. You need to learn what you need, when you need to consume it as well as the right products to provide.

🕒 **Fats:** Are they good or bad? Do you know? Your body does need fat, no matter what those diets tell you. But, you need to know what fat is good fat and your body needs to have them delivered at the right time for them to be useful to you.

## **Doesn't One Diet Work**

Something that is often misunderstood is the reason why there is not just one diet out there that is used for sports nutrition.

If you need certain amounts of foods, specific foods and at the same time, wouldn't everyone be able to follow the same plan along the way?

The answer to this is no. Each and every one of us has a very different body make up. In that, we need various amounts and specific planning in our food consumption.

Another contributing factor to this is our age. Let's face it. Our needs change as we age and our bodies need us to provide them with foods to compensate for those needs.

Even when you are young and fit your body needs something different as you age.

Additionally, the race that you are matters too. Various cultures need various types of foods, minerals and vitamins. Remember, bodies developed over time in various ways.

Therefore what you need is not the same as what someone around the globe (or right next door!) would need.

Finally, your body's size matters too. Obviously, the larger you are, the more calories your body needs to feed your body's cells. But, that does not mean that you can just take on a little bit more here and there.

Even more so, what you plan to do with your body will effect what you plan to consume. Will you physically exert your

entire body or will you simple exert just your arms? These are plenty of differences that lie here too.

### **It All Sounds Confusing**

There is no doubt that sports nutrition is a bit complex, but that is only until you break it down and determine what it is that your body truly needs.

When you take the time necessary to balance out all of these factors through a solid sports nutrition plan, you will ultimately be able to succeed at what you need to do, no matter what it is.

### **Your Goals:**

Your goals will follow these needs specifically:

1. Learn what foods your body needs to ingest to succeed.
2. Learn when you need to feed your body those foods.
3. Learn what amounts your body will need to be successful.
4. Develop a plan to help you to succeed at sticking with the goals.

5. Work the plan and find success.

That makes it sound easier, right? Throughout the next chapters, things will get easier, we promise! Soon, you will be well on your way to a successful sports nutrition plan that will provide your body with excellent fuel to give you the winning edge you want.

## **Chapter 2: Hydration Is Key**

Keeping your body hydrated is a very essential part of the process of sports nutrition. Your body needs fuel in the form of fluids. It is a very essential part of your well being and life in general.

If you do not have enough water in your body at any given time, your body will ultimately suffer. It is a fact of life that can not be denied.

As an athlete, not providing yourself with the necessary amount of water, or limiting it, can cause you to have numerous problems including the risk of serious health complications.

On top of that, your game will suffer without the right amount of water.

## **Why Water Matters**

Without taking you too far back to science class, think about the serious job that water has in your life and in your body.

⌚ It has to be there to move the vitamins, minerals and other nutrients through your body. It keeps blood moving which carries the fuel that your cells need for energy.

⌚ Additionally, water helps to move out the waste products from your cells. This allows them to keep your cells at an optimal level.

⌚ Finally, your body uses fluids to keep the body at the right temperature, there by protecting your health overall.

Can you live without water? No. When it comes to sports nutrition, it is nothing short of essential. How water helps in

sports nutrition is important for you to know and to practice.

When your body burns energy, it produces heat. That heat races through your body.

If you think of your body as a car, if the engine gets too hot, it can not perform as it should. Therefore, you will find a way to keep your engine cool, water is a necessity.

Additionally, your body needs to have these fluids to allow you to carry all the nutrients throughout your body. Since you are working on developing muscles, enhancing your physical characteristics, you realize that your body needs those nutrients to get where they need to go.

For that, they need water to push them through.

Water helps your body to grow, but also helps you to repair cells as you work hard at achieving your goals.

### **The Importance:**

If you lose 2% of your body's fluid, your overall performance will considerably drop.

If you lose 5% of your body's fluid, you can find yourself facing heat exhaustion, which is not good. Now, you are barely moving.

If you lose 10% of your body's fluid, you are at risk for heat stroke and even death through dehydration. In other words, game over.

### **How Much Is Enough**

Do you think you can just drink a glass of water when you are thirsty? Thirst is actually the first sign of dehydration.

If you get to the point of being thirsty, you have already lost at least one percent of your body's fluids and are already putting your body at risk.

There is not too much, drink more than enough to quench your thirst. Do not stop when you are no longer thirsty either.

It is essential that you are always keeping those fluids



moving in your body, pumping energy to your cells so that you can perform.

There are plenty of misconceptions out there about how much water is enough water for you to have in your body.

The fact is that your body should not be restricted during your practice, your warm up or during your game. Your body needs water consistently throughout.

### **I'm In Good Shape, I Know What My Body Needs**

This is a poor attitude to have. When your body tells you it is in need of fluid, it's too far gone to keep performance up. Instead, your mind needs to think, "I need water soon."

Now, if you are a conditioned athlete, well on your way to success, your body will need additional water than that of someone that is, well, farther behind.

🕒 Your body is burning fuel faster and that means more heat is produced quicker.

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