



The Basics of Sports Nutrition:

Turbo Charge your Body from the Inside





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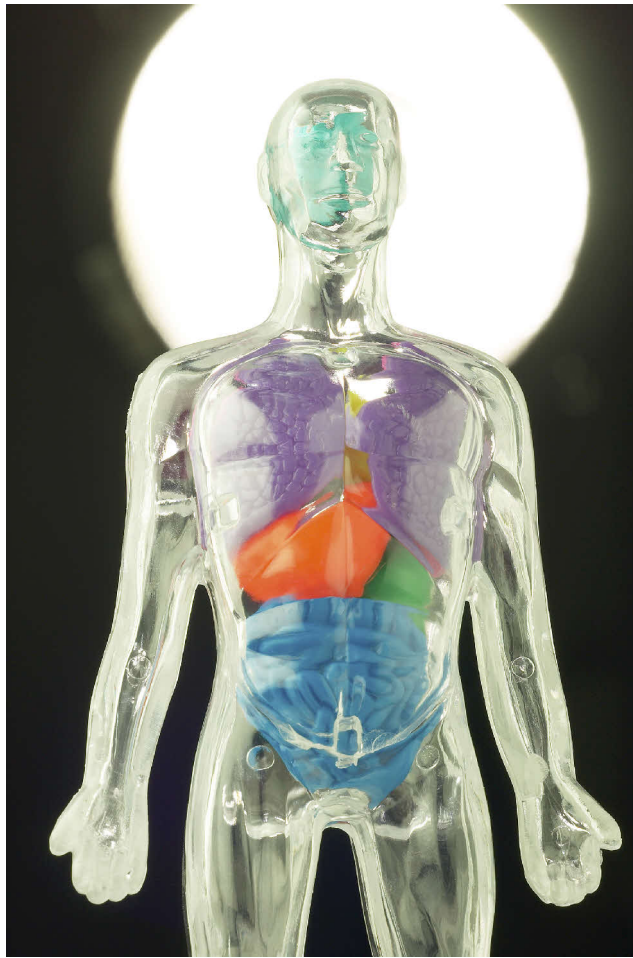
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Contents

	Page
Introduction	4
Chapter 1: What Is Sports Nutrition?	7
Chapter 2: Hydration's Key	11
Chapter 3: Fuelling Your Body	16
Chapter 4: Role of Carbohydrates	21
Chapter 5: The Need For Protein	25
Chapter 6: The Story With Fats	30
Chapter 7: Meal Planning For Your Game	34
Chapter 8: Food That Works Well	37
Chapter 9: Foods That Will Hurt	40
Chapter 10: Supplements	42
Conclusion	44

NOTE: In this e-book, we will refer to your "game", your "race", your "sport", your "competition", etc We have tried to keep the information in this e-book as broad as possible, so that the same principles will apply, whether you have a "game" or not, i.e. If your "game" is gym workouts, you can still use the principles herein.



Introduction

Sports nutrition is nothing short of essential. All the athletes you see on the television, competing in the Olympics and breaking world records have a nutrition plan in place that allows them to succeed.

If you are to succeed at your sport, you too need to ensure that your nutrition is the top of the line.

Ask yourself these questions:

- Do you know when to eat before your game?
- Do you know what foods are going to help to ultimately win the game if eaten before you compete?
- Do you truly know how much hydration your body needs to power its way 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?

Dedication & Consistency Count

When it comes to sports nutrition, your attitude should be not one of “already knowing it all”, but one of willingness to learn. In fact, you should be hungry for knowledge. 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 optimised. And, learn how to properly take care of yourself to avoid the risk of injury.

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

Knowledge is the first key to success. You will learn how sports nutrition affects virtually every aspect of your game and also how you can better enhance your game by the fuel you put in your body.

You should dedicate time to work through these steps and suggestions to enhance your overall performance. As we mentioned, it takes dedication and consistency - don’t expect to eat the right meal and get results right away!

You need to provide your body with the fuel it needs to perform. 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 out harder that they can still do what needs to be done, but it’s actually easier to give yourself that extra edge through proper nutrition

Work Smart by Learning First

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

To get yourself started, read through this 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 these changes you will see results.

It is recommended that you spend some time talking with your doctor to ensure 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, ensure 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 ensuring that your skills on the court, field or track are the best they can be; to ensure you're doing everything to the best of your abilities.

You may spend hours perfecting your game; you may work to build your muscle; to enhance how well you can throw that ball; to get that ball in the net.

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, but that's only part of the puzzle.

Off The Court Work Outs

Besides planning your next routine, your next set of reps and your next game, let's focus 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.

As an athlete, you need to focus your time on sports nutrition as much as you focus it on your workout - the two go hand in hand, and one enhances the other.

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.

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, and it needs the right type of fluids at the right time. This may be tricky at first, but ultimately, without fluids, your body is completely limited in what it can and will do for you. We cover this in Chapter 2.
- **Carbohydrates:** No, we are not talking about any type of diet. Carbohydrates are an essential building block for your body's workout, and you need to know when to eat them, what they will do for you, and how much to consume. You will find that information in Chapter 4.
- **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 the muscle groups you would like to build. You need to learn what you need, when you need to consume it, and the foods which will provide it - see Chapter 5.
- **Fats:** Are they good or bad? Your body does need fat, no matter what those diets tell you, but you need to know what fat is good and what is bad, and your body needs to have it delivered at the right time for it to be useful.

Doesn't One Diet Work?

Why isn't there just one diet out there that is the answer to everyone's 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.

When you are young and fit your body needs different nutrition than it does as you age.

Additionally, your race matters too. Different cultures require different types of foods, minerals and vitamins - remember, our 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.

Your body's size is another factor - the larger you are, the more calories your body needs to feed your body's cells.

Furthermore, what you plan to do with your body will affect your nutrition needs. Will you physically exert your entire body or will you simply exert just your arms? Is your goal weight loss or weight gain? These areas will all have an impact on your nutrition plan.

It All Sounds Confusing

There is no doubt that sports nutrition is a complex area, but we will try to 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 and reach your fitness goals.

Your Goals:

Your goals will follow these needs specifically:

1. Learn when you need to feed your body to succeed.
2. Learn what amounts your body will need to be successful.
3. Develop a plan to help you to succeed at sticking with your goals.
4. Work the plan and find success.

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 that winning edge.

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