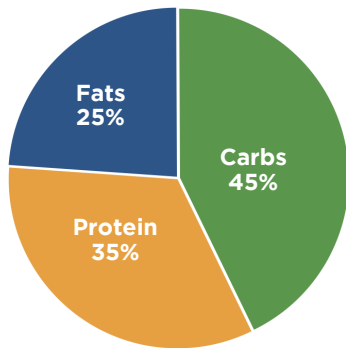


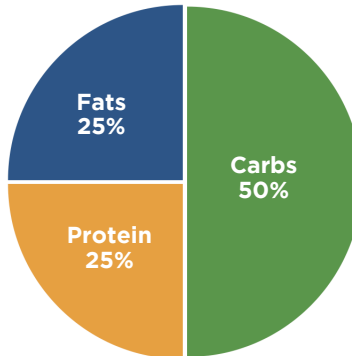
## NUTRIENT BREAKDOWN

Everything we eat is sorted into two major categories: **macro-nutrients** include carbohydrates, proteins and fats, and **micro-nutrients** include vitamins and minerals like calcium and B vitamins. How much you eat from each macro-nutrient category should be based on your goals. Note that in-season athletes should rarely have weight-loss goals. For more information on macro-nutrients, visit our website at [www.physicaltherapt.com/athletic-nutrition](http://www.physicaltherapt.com/athletic-nutrition).

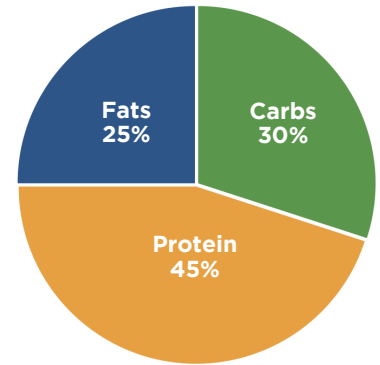
### MUSCLE GAIN



### MAINTENANCE



### WEIGHT LOSS



## PRE-WORKOUT

Most athletes should aim to have a meal 2-4 hours before exercising.

Men may benefit from having 30-40g of carbohydrates 30 minutes before a training session.

Women may do better consuming 10-15g of protein with a smaller portion of carbohydrates 30 minutes before a training session.

For both genders, avoid pre-workout snacks that are high in fat or fructose-based.

## POST-WORKOUT

Exercise results in sustained elevated insulin levels and lower rates of protein breakdown, resulting in improved muscle development.

Men should consume 30-40g of protein within 1-2 hours after a training session.

Women should consume 25-30g of protein within 30 minutes after a training session.

Both have a longer period to get in carbohydrates, closer to 2 hours.

## HYDRATION

Research recommends 15.5 cups of fluid, or 124 ounces per day for men, and 11.5 cups of fluid, or 92 ounces per day for women. These recommendations are for the average, sedentary individual, and serve as a baseline only. **The more you sweat, the more fluid you need to replace.**

Because sweat isn't just water, many athletes choose to rehydrate with specially designed drinks. Look for pre-made drinks or drink mixes with electrolytes, not added carbohydrates or additives.

**CONNECT WITH OUR TEAM FOR INDIVIDUALIZED ASSESSMENTS AND RECOMMENDATIONS.**