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MODIFIED CARBOHYDRATE LOADING FOR THE WEEK BEFORE AN EVENT:

- 7-2 days before: gradually decrease workouts each day. Maximize carbohydrate intake (complex carbs or low glycemic index choices).
- 1day before: rest—no workout. Continue carbohydrate intake.
- Pre-event meal: 2-4 hours before eat a light carbohydrate meal, complex carbs but not high fiber. One hour before, drink a liquid carbohydrate meal.

PRE EVENT MEAL SPECIFICS:

- Timing—2-3 hours before, depending on personal comfort.
- High complex carbohydrate, low glycemic index.
- Easily digestible.
- Low fat and moderate protein (these slow digestion).
- Sufficient calories to prevent hunger.
- Adequate fluids.
- Low in simple sugars (so you don't bonk).

RECOVERY AND REPLETION:

- Take six scoops of Shaklee Physique in water right after exercise. **Don't wait!!**
- Take another drink soon after, no more than two hours after the end of your exercise.
- If you are hungry have more drinks. Don't eat fatty foods as fat interferes with the insulin that is working for you.
- If you worked out hard this day and expect a hard workout the following day have a Physique drink 30 minutes before you go to bed.
- If you are doing matches, meets, bike races, etc., that have a time lag between events, try Physique along with Shaklee Performance Maximum Endurance Sports Drink, Shaklee Cinch Bars, Cinch Meal in a Bar, light and low fat sandwiches (be careful with perishables and heat. It only takes two hours, perhaps less, to build up a case of food poisoning). The trick is to have enough fuel to keep your strength and stamina up but not so much that you are uncomfortable while exercising. So you probably don't want all of the just mentioned foods and whatever the opposing team's booster club has brought. A caveat-most teams and individuals do much better with their own food and beverages, not partaking or depending on others at events, or booster clubs, unless it is your own and trained to bring the right stuff. You probably don't want to try something new or strange at an event.

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