

PERFORMANCE NUTRITION

PLAY OF THE DAY:

BUILDING A STRONG BODY

Building a strong and durable body takes more than just working out in the gym every day. It requires a solid foundation of good nutrition to support a strong frame. Take the time to build your strong body on top of a solid diet!

KEY BUILDING MATERIALS:

- ✦ Foods that **BUILD** (protein)
- ✦ Foods that **PROTECT** (healthy fats)
- ✦ Foods that **PREVENT** (vitamins & minerals)
- ✦ Hydration (water)

FOODS THAT **BUILD**:

- ✦ Protein provides the building blocks of a strong body
- ✦ Choose lean protein sources, such as chicken, fish, eggs, beans and lentils
- ✦ Include at least 1 palmful of protein with each meal & snack

FOODS THAT **PROTECT**:

- ✦ Healthy fats, such as omega-3's and unsaturated fats, provide durability and protect the body's organs, tissues and bones
- ✦ Choose healthy fat sources, such as avocado, nuts, seeds, olive oil, fish oil and flaxseed
- ✦ Include at least 2 sources of healthy fats per day

FOODS THAT **PREVENT**:

- ✦ Vitamins & Minerals are the support staff, and help prevent the breakdown of tissue and bone, keeping you strong and healthy

- + Choosing colorful fruits and vegetables provides you with these key nutrients
- + Include at least 5 fistfuls of fruits & vegetables per day

HYDRATION:

- + Staying hydrated with water ensures the optimal functioning of all of your body's tissues and organs
- + Sipping on water throughout the day keeps your muscles, joints and brain hydrated
- + Drink at least 1 – 2 liters (32 – 64 oz) of water per day

STRONG BODIES REQUIRE A STRONG **NUTRITION** FOUNDATION



EVERY DAY IS GAME DAY.

EXOSTM

Call Mayo Clinic Sports Medicine Center
to book an appointment with the Performance Nutritionist:
507-266-9100