

## Five Commandments to Eating Like an Athlete

### **I. Eat Breakfast.**

Your body needs fuel after fasting all night during sleep. Starting the day with an empty tank will negatively affect your mental and physical performance.

### **II. Pee clear.**

Water is crucial to your health—it makes up sixty percent of your body weight. Dark urine is a sign that you're dehydrated and, especially for athletes, thirst isn't always a reliable indicator of hydration needs. By the time you feel thirsty, you may have already lost one to two percent of your water—and that's enough to hurt performance.

### **III. Eat more fruits and vegetables.**

Athletes need nutrient dense food. Eating fruits and vegetables is the best way to get nutrients you need to perform your best.

### **IV. Never feel hungry.**

The best athletes graze rather than gorge. Eat smaller portions of the right foods all day instead of starving between infrequent large meals.

### **V. Refuel.**

Your body needs fuel immediately after training. Waiting longer than thirty minutes after exercise before refueling is stressful and hinders your body's ability to recharge.