

Performance and Recovery

Proper nutrition to fuel your body throughout the day is essential to improving fitness and gaining muscle mass. Newer protein recommendations suggest that a daily intake of 1.2grams /kg of body weight is the new minimum to maintain and improve lean muscle mass. For those who are more active, even up to 1.6grams/kg is recommended to support muscle growth. Eating around your workouts is also important for performance. Ideally, you should fuel your body about 1 to 4 hours pre-workout, Pre-workout snacks should include both a carbohydrate and protein. The same goes for post workouts. Try to eat within an hour of completing an intense workout. Eat both proteins to rebuild your muscles and carbohydrates to replenish the glycogen stores you just used in your workout. There are several supplements to consider for athletic performance and building muscle. Counting your macros (carbohydrate, protein and fats) per day to make sure you are hitting your targets is essential in the elite athlete. For the general health minded athlete, you should balance every meal and snack with a carbohydrate (whole grains, fruits and vegetables, beans), lean protein (poultry, fish, lean red meats, beans and lentils) and healthy fats (nuts, seeds, avocados, olives, olive oil). Approximately half of your plate should contain fruits and vegetables. Try to “eat the rainbow” by choosing fruits and veggies of different colors. This will help you enjoy the full range of vitamins, minerals, and antioxidants that the produce aisle has to offer.



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