



**STOP
SPORTS
INJURIES**

A STOP Sports Injuries Collaborating Organization

SPORTS TIPS

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SPORTS NUTRITION

Just as proper physical techniques should be part of every athlete's safety routine, maintaining adequate nutrition and hydration is also important. By following basic nutrition and hydration tips, athletes can stay at peak performance before, during, and after activity.

EATING BEFORE EXERCISE



Total Energy

Most equations for calculating energy needs consider an individual's gender, weight, and height as well as the level of physical activity. Given these differences and the importance of consuming adequate calories, it is important to consult a sports dietitian for the optimal energy prescription.

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