Performance Nutrition

**BEFORE ACTIVITY**
Give your body what it needs to perform at its best. For most athletes, that means concentrating on carbohydrates. 

1-2 hrs before activity

**DURING ACTIVITY**
What you eat during exercise can have an impact on performance, for better or worse.

1 serving every 20-30 minutes during activity (follow with water)

**AFTER ACTIVITY**
After a workout, your muscles are “hungry” for nutrients. They’re more sensitive and better able to use the nutrients provided.

20-30 minutes after activity