

FOOTBALL PRE-WORKOUT FUELING

FOR OPTIMAL ATHLETIC PERFORMANCE

CARBOHYDRATE NEEDS 1 HOUR BEFORE WORKOUT (BASED ON BODY WEIGHT)

<175lbs = 80g

175-200lbs = 80-90g

200-225lbs = 90-102g

225-250lbs = 102-113g

250-275lbs = 113-124g

275-300lbs = 124-136g

>300lbs = 136g or more

Carbohydrates are your friend!

INCREASE YOUR CARBOHYDRATE INTAKE IF IT IS LONGER THAN 1 HOUR BEFORE YOUR WORKOUT

WHY?

Carbs can allow you to workout for a longer time or higher intensity.

If you don't eat, you might feel slow-moving or lightheaded when you exercise.

Moderate amounts of caffeine can be beneficial!

If you only have 5-10 minutes before you workout, eat a fresh piece of fruit!

Limit intake of high fat and high protein foods in the 2 hours before a workout.

EAT OFTEN TO COMPETE STRONG

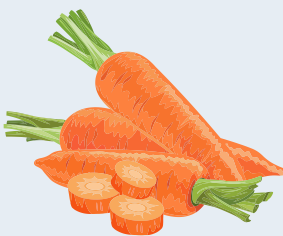
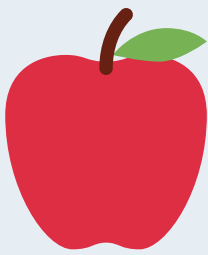


WHY?

- CONSISTENT ENERGY
- STRONG MUSCLES
- PREVENT ILLNESS
- INJURY PREVENTION

Fuel & refuel with Repair & build muscles with Recover with Hydrate with

CARB **PROTEIN** **COLOR** **H2O**



7:30am BREAKFAST

10:00am MIDMORNING

12:00pm LUNCH

2:30pm PRE-PRACTICE

3:30pm PRACTICE

5:30pm POST-PRACTICE

6:00pm DINNER

8:30pm NIGHTTIME



APPROVED PROTEIN POWDERS FOR COLLEGIATE ATHLETES

All available at Kearney Hy-Vee



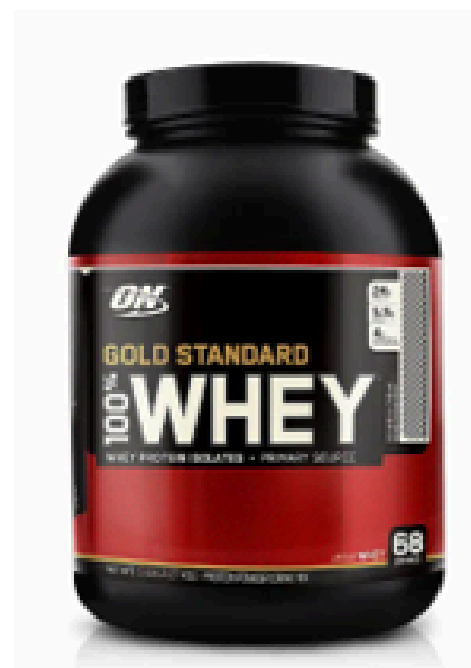
Muscle Milk: 100 Calories Low-Fat Protein Powder

Flavors: Vanilla



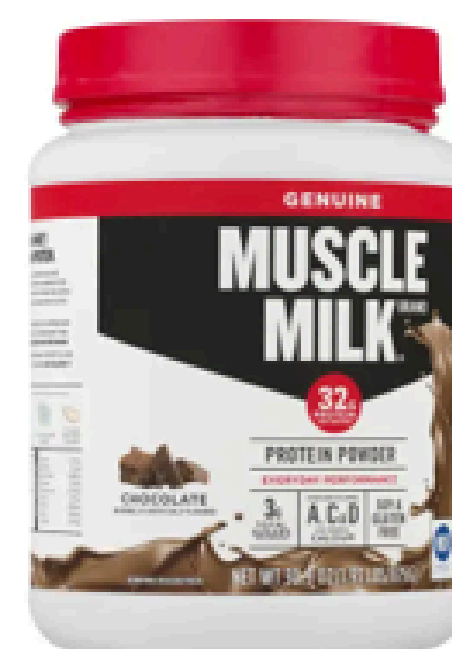
Optimum Nutrition: Gold Standard 100% Whey

Flavors: Double Rich Chocolate, Delicious Strawberry, Chocolate Mint, Extreme Chocolate, Vanilla Ice Cream, Cookies and Cream, French Vanilla Crème, & White Chocolate



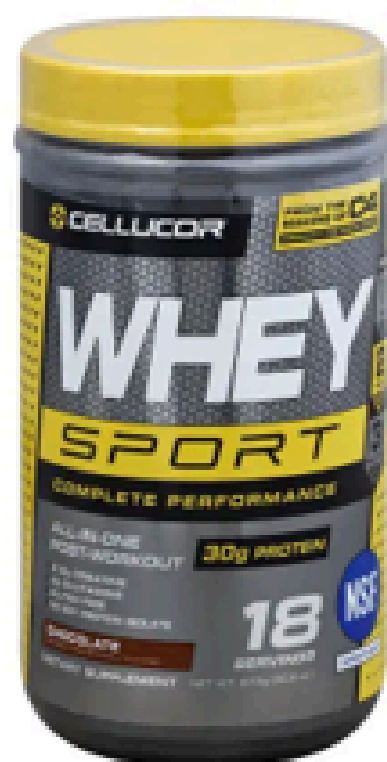
Muscle Milk: Genuine Protein Powder

Flavors: Vanilla Crème, Strawberries N' Crème, Chocolate & Cookies N' Crème



Cellucor Whey Sport

Flavors: Chocolate & Vanilla



Vega Sport: Protein Powder

Flavors: Chocolate & Vanilla

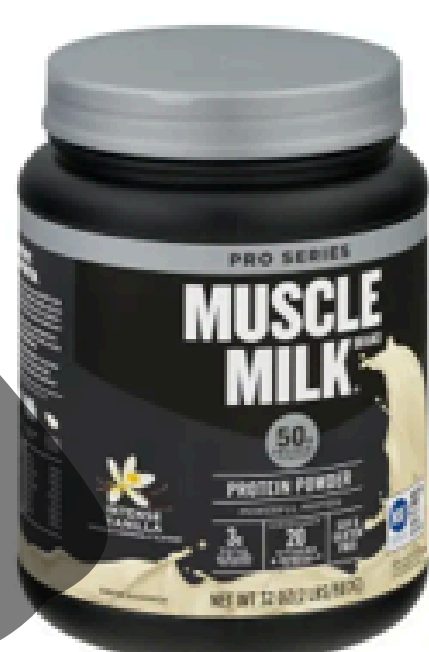


Anything labeled "NSF Certified for Sport" is permissible by the NCAA



Muscle Milk: Pro Series

Flavors: Intense Vanilla, Slammin' Strawberry & Knockout Chocolate



Garden of Life: Organic Plant-Based Protein

Flavors: Chocolate & Vanilla



LOPER PRIORITIZERS

LEAD WITH BREAKFAST

OPTIMIZE HYDRATION

PRIORITIZE PRODUCE

EAT FREQUENTLY

REQUIRE LOTS (AND LOTS)
OF CARBS

SCHEDULE TIME FOR PROTEIN

