

Fuel Up!

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Keys to training

Hydration

Balanced Meals

Sleep

Recover

Proper Gear

Enjoy your runs!

What Is Integrative Nutrition Counseling?

I am happy to help Team La Casa Notre reach their goals in the Bank of America Chicago Marathon. During your Integrative Nutrition Counseling sessions you will discuss your nutrition and lifestyle choices as they relate to training, race day & general nutrition. Sports Nutrition is a highly individualized discipline and we will help guide you through your journey all the way to the finish line! First timers and seasoned marathoners can benefit from a discussion about the best mix of meals, hydration and planning to support your marathon training schedule.



Good Fuel

- Lean Meats *
- Tofu/Beans *
- Leafy Greens *
- Fresh Fruit *
- Whole Grains *
- Juices *
- Eggs *

As you start Training...

Fueling before, during and after training is critical to your performance and recovery. Ask yourself these questions to help formulate your fuel plan for training!

- ◆ How are different foods affecting digestion during training?
- ◆ What food choices work best? Are you energized or sluggish?

Make your own sports drink:

- ◆ 8 oz of water
- ◆ A pinch of salt
- ◆ 4 oz of fresh lemon or orange juice
- ◆ 2 -teaspoons of honey or agave or to taste
- ◆ Shake it up & Enjoy