



## Fueling Success

ANY ATHLETE CAN IMPROVE PERFORMANCE WITH PROPER NUTRITION

**A**THLETES OF ANY AGE or fitness level can leverage the power of proper nutrition to improve sports performance.

Whether an athlete is looking to improve their game or make a personal record, a nutrition assessment with metabolic testing is the first step for optimizing their results with nutrition. This simple test will determine an individual's resting metabolic rate or RMR, which reveals the number of calories a person's body burns in 24 hours while at rest. This also serves as a baseline for clients with specific body composition goals such as increasing muscle mass or gaining or losing weight.

The second step is putting that information into action through individualized nutrition counseling. At Parabolic Sports Performance Lab at Centegra in Crystal Lake, a dietitian can develop nutrition strategies based on each client's goals,

lifestyle and unique obstacles.

According to the Gatorade Sports Science Institute headquartered in Barrington, the human body runs on different fuels depending on the intensity, duration and training status of the athlete.

Someone training for baseball is going to have very different needs than someone preparing for a marathon. An athlete looking for a personal weightlifting record will have very different nutritional concerns than a high school hockey player trying to increase agility.

Student-athlete schedules present particular challenges. An experienced dietitian will be able to develop plans for clients with similarly demanding schedules and address problems head-on with customized snacking strategies and meal plans.

By teaming up with the performance coaches and trainers at Parabolic in Crystal Lake, athletes

### Nutrition Tips from a Sports Dietitian

#### EAT AT THE SAME TIMES EVERY DAY

Keep a normal meal and snack schedule and stick to it. This will look different for everyone. A growing adolescent has different needs than a college athlete or a 45-year-old cyclist. Athletes with a consistent fueling pattern tend to be leaner and have more energy, according to the NCAA Sport Science Institute and Sports, Cardiovascular and Wellness Nutrition (SCAN).

#### ENSURE ADEQUATE FUELING AND REFUELING

Before you exercise, your body needs food to power your workout. If you are working hard but not seeing the expected results, you might be under-fueled. After your workout, you need something to help you recover, ideally a healthy meal or a recovery snack.

#### FOCUS ON QUALITY FOODS

When it comes to building a quality diet, focus on fruits and vegetables, lean proteins and heart-healthy fats.

can further optimize their results. The trainers can work in tandem with a registered dietitian who is certified in sports dietetics to enable each of their clients to safely reach their peak performance level. 



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*She has worked with the Athletic Department at Purdue University and currently is a performance nutrition consultant for Northwestern University. To schedule a nutrition assessment with Steinmetz, call 815-759-4391. Learn more about what Parabolic Sports Performance Lab at Centegra offers at [www.goparabolicmidwest.com](http://www.goparabolicmidwest.com).*