

A Guide to Better Sports Performance

Step One: Fuel Up Your muscles store carbohydrate (muscle glycogen), which provides instant fuel. Eating carbohydrate-rich foods before exercise slows down the drain on your energy-banks. The optimum times to top up on carbs are: Large meals 4-6 hours before the activity Smaller meal 2-3 hours before Snack up to 1 hour before the activity

Step Two: Top Up Keep refueling during exercise; particularly for activities taking longer than one hour. Fluids with weak simple carbohydrate solutions are best. **Your Reserve Tank:** Stored body fat provides a reserve for longer events, but we can only burn fat when we have sufficient carbohydrate levels. **Step Three: Sip it Up** Drink fluids at least every 15 minutes during exercise & don't wait until you're thirsty. **Step Four: Refuel** You need to refuel your body within 30 minutes of finishing sports activities. Take in easily digestible carbohydrates which provide instant fuel for muscles. **Step Five: Reduce Recovery Time** Increasing the anti-oxidant nutrients in your body and ensuring adequate supplies of protein will reduce recovery time. Protein repairs damaged muscles and maintains and promotes muscle mass whilst anti-oxidants protect your immune system which can be depleted through excessive physical exertion.

Using Herbalife's® Formula 1, 2 & 3 is the best starting point for any athlete; helping you Fuel, Refuel, Repair and Recover with maximum efficiency. With a simple personalised programme you can easily achieve optimum energy levels and safely maintain the highest levels of personal performance. Free Wellness Evaluation (valued at £45) If you would like help maximising your sports performance through natural nutritional products, contact us to book a free wellness evaluation: Wishing Wellness Ltd on 01229 580220 or email info@wishingwellness.co.uk