



Recovery Technique #2 is an area that when done right, can be a true GAME CHANGER!! NUTRITION

When preparing and performing in your sport, your body has extremely high energy demands! If you do not feed your body the proper fuel, your performance will suffer tremendously!

Your nutrition is also a key factor to how well you will recover after practice and/or competition. Incorporating foods that help with inflammation and fatigue can speed up and assist the recovery process!

Fuel for the Win!!

