

Safely Transition From Shelter to Sport: Nutrition

The COVID-19 pandemic has forced the world to come to a screeching halt, and a “new normal” has slowly been established with shelter-in-place orders. One of the many challenges with this new normal is finding a way to stay physically active and eat healthy, nutritious meals and snacks.

Here are six nutrition tips to safely transition back to sport, post-pandemic:



Set a routine.

Setting a sleep schedule to go to bed and wake up at consistent times each day helps develop a routine. Identify a time for your training or run, and then plan general meal times that fit with your workout schedule. Kick the day off with breakfast and avoid skipping meals. Consistent fueling provides energy, supports muscle growth and repair, and prevents mindless snacking.



Add a post-training snack.

Post training, target a combination of carbohydrate and protein to aid muscle recovery. Chocolate milk, Greek yogurt, a fruit smoothie, or trail mix is great. This is especially important to combat soreness and support energy needs as you get back into sport! Once practices start up, remember to pack snacks.



Balance your plate.

Make sure to add proteins, whole grains, and a variety of colors to your diet. You still need each food group on your plate even on light and off days. Focus on consistently getting fruits and vegetables (canned, frozen, dried, and fresh all count). Remember to add healthy fats such as nuts, seeds, olive oil, avocado, and dairy to support hormone production, energy needs, and bone health.



Adjust for activity.

As mileage and training hours increase, you need more fuel! Add carbohydrates to your plate and decrease vegetable intake proportionately. While each person's needs are different, aiming for meals with one-half plate of whole grain, one-quarter plate of protein, and one-quarter plate of cooked vegetables on high-volume training days is a good place to start. **For more information, call (844) 41-ORTHO (844-416-7846) to schedule a sports nutrition appointment.**



Get into the kitchen.

Before things speed up too much, experiment with recipes and easy snack ideas. Find foods that you enjoy and get creative. Simple ideas, like whole grain muffins, overnight oats, sandwiches with new toppings, or your own custom trail mix, are fun and provide ideas to pack for lunches later.



Don't forget to hydrate.

Throughout the shelter-in-place, make sure to have a water bottle near your school setup, and sip throughout the day. At minimum, your body needs half an ounce of water per pound of body weight each day. As training increases, so do your hydration needs. If it's a hot day and training is over one hour, consider adding one to two cups of sports drink or electrolytes per hour to help replace the electrolytes lost in sweat.

For appointments and more information, call **(844) 41-ORTHO (844-416-7846)**.

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