

ATHLETES

NEED MORE THAN JUST TALENT

THEY NEED FUEL

BALANCE YOUR MACROS

Macro-nutrients are the different components that make up the energy in your food - and you need all of them!

CARBOHYDRATES

Are your main source of energy

PROTEINS

Are the building blocks of your muscles

FATS

Are important for your brain!



TRY TO BALANCE ALL THREE

Macro balance is different for everybody! But, a great starting point is to aim to get your calories from 55% Carbs, 25% Protein, and 20% Fat.