



## EAT TO SUCCEED: FEED THE MACHINE

I have had some really interesting conversations lately. Some about how an athlete may have gotten injured and some about social media and its impact and influence on the modern-day athlete/college recruit. I told you, interesting. But maybe the most interesting lately, has been regarding what should an athlete eat? What should they eat? Food, but it goes deeper than that for most of the clients I see.

“We are what we eat”. “Feed the machine” We hear such statements thrown around like baseballs on the field, but few of our athletes actually know what these statements mean and fewer yet understand how and what they put into their bodies can positively or negatively impact their performance. Let’s get some simple things on the plate, so to speak.



Fast food is not always good food, nor is it always bad food. It really comes down to the choices you make from the options you have. Choose freshly prepared meals over premade ones and grilled food over fried food.

The quality of the food over the quantity is a good thing to keep in mind here as it is easy to overeat when sitting down with you friends and family for a quick bite. Try substituting fresh fruit for French fries and water or even Gatorade or unsweetened tea for the typical soda.

Fresh food and food that is freshly prepared is always a better option than reaching for processed and premade meals. Look for sustainable crops and food sources and read the labels to avoid GMOs and additives.

Think of food as fuel. You wouldn’t put diesel gasoline into a Ferrari so why would you eat fried chicken nuggets before a match or game? Food is best in its most natural state and will provide us with what we need if we let it.

Finally, think about why and what you are eating. If you think about where the food comes from and what you are eating and plan ahead for what you are eating for, then the food you consume will mean that much more and work better for what your body needs. Want to learn more? Contact us at [www.elitelevelpt.com](http://www.elitelevelpt.com)