

Nutrition for Peak Performance and Building a Stronger Body

Seminar for Bluefins Swim Club
on March 16, 2017

Liz Stokvis, INHC, Institute of Integrative Nutrition, NY
Certified Nutrition Health Coach

Why Diet is Key

- Food is biochemistry
- Responsible for rebuilding the body
- Improves recovery time , overall fitness
- Decreases stress on the body & builds a stronger body
- Peak performance

Hydration

- 70% of our body is made up of water
- Sweating – cooling properties, loss of water & electrolytes = minerals and salt
- Avoiding dehydration

Fuel (Nutrition) Pre-/during-competition or workout

- Healthy nourishment primes the body for performance
- Not a drug or stimulant
- Balancing the body
- Digestibility is key– liquid, near liquid form
- Nutrition-on-the-go - sports energy drinks, energy puddings made healthy at home

Sports Energy Drink Made Easy

Blend ingredients:

- 3 parts unsweetened juice
- 1 part water or coconut water
- Sea salt to taste

Sports Energy Drink 2

- Juice $\frac{1}{2}$ lemon
- Juice $\frac{1}{4}$ lime
- 3 dates, soaked (hot water, a few minutes)
- 2 cups water
- 1 tsp organic sugar, maple syrup
- Sea salt

Recovery – Fuel for Post Workout

- Phase 1: Immediate recovery stage, easily digestible (within first ½ hour)

Ratio - carbs: protein: fats. Having too much fat, protein slows down early tissue absorbability .

- Phase 2: After an hour post workout: Nutrient dense meal with greater protein, fats alongside healthy carbs. For nutrient dense carbs with fiber focus on veggies. Clean protein – clean fish, grass fed meat, organic chicken, legumes. Healthy fats – extra virgin olive oil, coconut oil, avocado oil, grass fed butter, specific fish.

Ginger watermelon – Recovery drink:

- Blend together ingredients:
- 2 cups watermelon, 1 cup water
- 2 dates, soaked
- 1 tbsp hemp protein
- ½ tbsp ground/milled flax seed
- ¼ tsp ginger – anti-inflammatory
- Pinch sea salt or 1 tsp ground dulse flakes
- ½ tsp lemon zest

Create your own changing up spices, fruits, superfoods

Recovery Pudding

Brendan Brazier - *the Thrive Diet*

- 2 bananas
- 1 cup blueberries (antioxidants to offset workout stress)
- ½ cup almonds - antioxidants
- ¼ cup ground flaxseed – omega 3s, reduce inflammation
- ¼ cup hemp protein – omegas, reduce inflammation
- ¼ cup raw cacao powder - antioxidants
- 1 tsp lemon juice (supports alkaline system)
- ¼ tsp sea salt (supports electrolytes, minerals)
- 2 tsp ground rooibos tea (optional) – high in antioxidants

Recovery Meal – Post Workout – On-the-go Nutrition: Nutrient Dense Smoothie

- Prepare blender evening before if you like.
- Start with base liquid – water, or coconut water
- Cut Veggies – e.g. cucumber, spinach, avocado
- Fruit - berries
- Protein Powder (optional, whether you have protein food/snack on the side)
- Superfoods optional

No Bake Pumpkin Spice Energy Bars

- 1 ½ c dates
- ¼ c almonds
- ¼ c pecans
- Protein powder, optional
- 2 tsp pumpkin spice powder (most grocery stores carry)
- 1 tbsp coconut oil
- Sea salt, pinch

No Bake Cinnamon Energy Bars

- 1 ½ cup oats, ground
- Protein powder
- 2 tsp chia seeds
- 1 tsp cinnamon
- 1 tsp sea salt
- 1/3 c nut butter
- 1/3 c maple syrup
- ¼ c milk
- 1 tsp vanilla extract

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