

THE NO.1 SECRET TO EATING LIKE A PRO ATHLETE



360dietetics



HELLO

If you're reading this, you're most likely a semi-pro athlete, or parent of a developing athlete who wants to make it in the big leagues.

You know it takes dedicating all your limited time, energy and money for your sport.

Maybe skipping a few birthdays because you've had your competitions on the weekends.

You can't remember the last time you went a day without being active.

Heck, you even feel isolated at times because you eat, live, think differently than your peers and family members.

But it doesn't matter, because you love your sport, and you want to be the best you can be at it.

Except,

some days you find yourself with little-to-no energy, you can feel yourself getting sick, injured, dizzy, slow and no amount of mental energy can get you through.

Well you don't have to feel like that.

In fact, you probably feel like that because you're not doing this ONE thing.

Let's dive into it.



DO YOU TREAT YOUR BODY LIKE A RACECAR?

If you're thinking 'not this analogy again'....
let me explain.

THE REALITY IS..

You could have:

- *The fastest speed and power*
- *The best mindset and dedication*
- *The strongest body frame*
- *The most expensive kits and sponsors*
- *And the best coaches, parents and team mates*

Just like a Formula 1 car.

The fastest cars in the world.

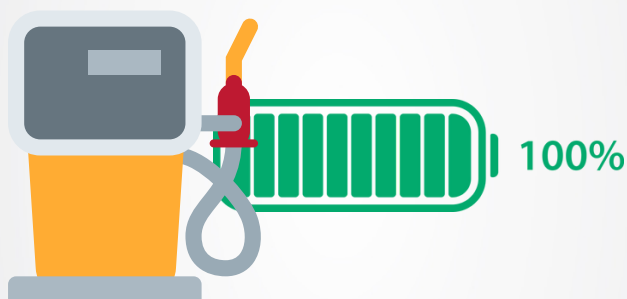
But, if you're using the lowest-quality fuel... or worse, not filling up the tank

That car is *not* going anywhere no matter HOW much you've trained both the body of the car, and the mind of the driver.

THEY NEED

To start their race with a **FULL** tank,
using the highest **QUALITY** fuel,
and re-fuelling at the right **TIMES**
in order to perform their best.

And so do you.



“but I’ve been eating
whatever I want and
performing fine’

.. sound familiar?

NEWSFLASH: TO GO PRO YOU NEED TO PERFORM BETTER THAN 'FINE'

And here's how you do it.

It's not just about eating enough food,
but eating the right foods.

Even a Formula 1 car can run on the lowest quality fuel (87-octane)

... but boy does it run smoother, faster and much more powerfully on
102 octane.

Not only that,

it can run much longer without running out of gas, or as you might
experience it 'hitting the wall'

and letting competition pass them by or oppositions out-run you on
the field.

So to summarise so far:

Not filling up the tank (not eating enough food)

And/or choosing low quality gas (eating the wrong types of food
*note this doesn't necessarily mean 'junk food')

is going to leave you performing sub-optimally.

Let's flesh out what this looks like at a more *yep that's me* level.

Let's call this: 'symptoms of winging my nutrition on training and game days'

Well, without enough fuel in the tank you might experience you are:

- Struggling to get out of bed in the morning
- Feeling sore or tight muscles
- Exhausted during the day
- Struggling to concentrate on tasks
- Napping after school
- Showing up to training but feeling slow and weak
- Feeling wrecked half way through comps
- Eating like a HORSE the day after game days

On top of that, our brains use a tonne of energy too.

We know sport is as much of a physical game as it is a game of strategy.

Some symptoms include:

- Poor reaction time
- Poor decision making
- Increase in errors
- Poor concentration

And we can't miss the ones that really set us behind the pack and let down our team mates, coaches and ourselves:

- Increased risk of injuries
- Catching all the common colds and flus

and spending another vital week of training on the sidelines.

BUT

here's the thing,

athletes are human beings... not cars.

Yes they need to be fuelling properly.

Yes they need to treat their bodies like a Formula 1 car.

Yes they need to have a well thought-out strategy to ensure their tank is full of the right foods when they need to perform their best and recover optimally

But there's no 'one size fits all' diet to going pro.

What works for one athlete won't necessarily work for another.

You can follow Ronaldo's diet to a T and see no improvements,

but creating a fuelling strategy that is designed to make sure YOU have optimal levels of fuel to allow YOU to perform at your peak

based on YOUR body and YOUR sport

eating the right TYPES of foods in the right AMOUNTS at the right TIMES

(while maintaining a sustainable approach, incorporating all the foods you enjoy, can tolerate well and are accessible to you)

that's the real secret.

SUMMARY

Now there is a LOT more to flesh out of this, but understanding the role of nutrition optimisation is key in maximising performance outcomes.

If you look at ANY pro athlete, they all need very specific types of training married to a very specific nutrition protocol and recovery protocol in order for them to perform at their best.

The only difference is, they have a whole team of coaches, physios, dietitians and more guiding them through each step.

So if you're taking your sport seriously, it is pivotal to start building your support team that's going to take you to the next level

So, if this is something you found informative, resonate with and would like help with- I've opened my diary up to do a handful of strategy sessions over the coming weeks to help you figure how to create a fuelling strategy that works for YOU, and guide you through the next few steps on how to help you optimise your performance and recovery.

To apply for a **FREE** strategy session, email your name and phone number to me at hello@360dietetics.com.au

MEET NEDA

Neda is an Accredited Practising Dietitian and Accredited Sports Dietitian who works with both developing and professional athletes to help them fuel correctly for peak performance (both in and out of their sports).



Her interest in sports nutrition started during her high school years where she was well involved with sports, particularly long-distance running and representative basketball. This extended into her senior years where her strong physical demands combined with study commitments led her to develop RED-S (relative energy deficiency in sport), which resulted in secondary amenorrhea (no menstrual cycle for 3 years).

At this point she had no choice but to learn about the concepts of energy availability and proper nutrition to ensure her bone density and reproductive health wasn't jeopardised.

This required uncomfortable change, but from here she was able to fuel herself effectively enough to see dramatic improvements in her performance for training and competitions, as well as see leaps in her concentration and memory skills for her final exams.

Understanding that rest and recovery is not being 'lazy', and acknowledging the power of enough fuel, meal timing and macronutrient distributions on body composition, delaying fatigue and optimising concentration was key.

Today Neda works with motivated athletes who are willing to take the uncomfortable leap in their nutrition to not only improve their performance outcomes, but change the way they look at food for fuel entirely and ultimately help them go pro.

To apply for a strategy session with Neda (which is free, but super limited) please email her at:

hello@360dietetics.com.au

