

Nutrition For Skateboarders

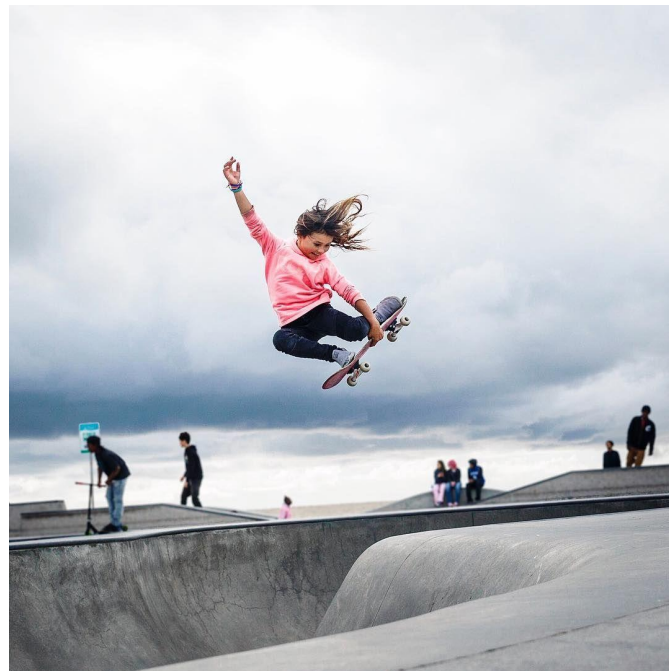


First thing first! Why is nutrition important?

Without gasoline, a car won't get very far. The same applies for our bodies! Our bodies require a certain level of daily energy just to function.

If you are a skateboarder, you are an athlete.

Those of us who are athletic should be prepared to provide our bodies with a little something extra. Give your muscles the fuel they need to strengthen and rebuild by powering them with proper nutrition before, during and after you skate.



When is the best time to eat before a skate sesh?



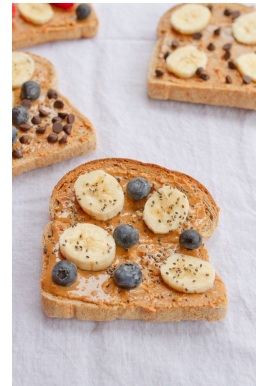
Attain ideal energy levels by eating a nutritious meal 3 hours before skating. Our stomachs tend to slow down once physical activity begins so we want to reach peak energy levels before we pick up our boards.

What should I eat before a skate sesh?

Stick to foods that increase your energy! Our muscles work best when we properly combine proteins, fats and carbohydrates. During digestion, our stomachs break down food and attempt to turn it into energy by absorbing nutrients and sending them to our muscles. Set yourself up for success by eating and drinking properly before you step foot on your board.

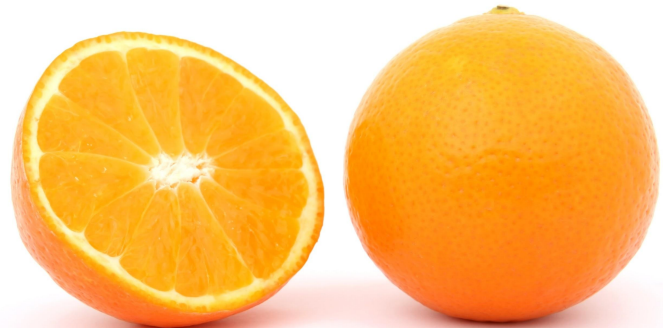
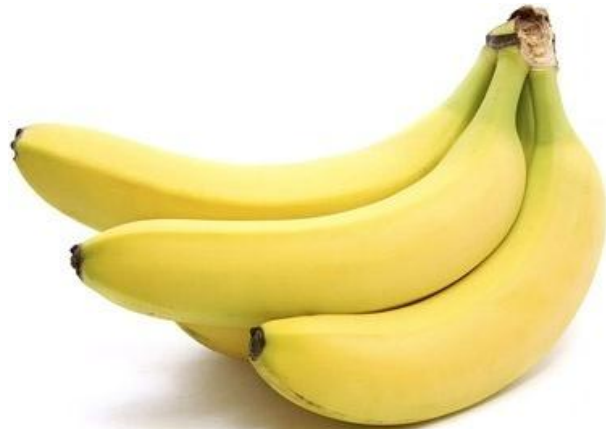
A few foods for easy, sustainable energy:

1. Oatmeal with berries, mixed nuts/seeds and honey.
2. Peanut butter toast with sliced bananas and cinnamon.
3. Whole wheat turkey wrap with tons of your favorite veggies.



Should I eat when I'm finished skating?

Yes! It's just as important to give our muscles proper fuel to recover as it is to fuel them to skate in the first place. Exercise places wear and tear on our bodies. Therefore, we must also focus on helping our muscles regain lost energy as well. **After skating, drink water and eat a healthy snack within 30 minutes.** Bananas are great for recovery because they're high in potassium which can help prevent muscle cramping. Oranges are high in vitamin-C and water content which will help rehydrate us quickly.



Benefits of proper nutrition before and after skating



1. Increased stamina. Train yourself to skate for a longer period of time (effectively) without growing tired as quickly.
2. Metabolism boost. Build muscle & lose fat by strategically providing yourself healthy meals and snacks throughout the day.
3. Improve well-being. Applying effective nutrition into your normal routine will not only help future skate performance but overall daily functions.

On-the-go snacks that will give you tons of energy

- Peanut butter and apples or carrots
- Pita bread and hummus
- Trail Mix or Granola Bars



Nutrition No-No's!

1. Skipping meals (especially breakfast). **The goal is to fuel your body, not starve it!** You will burn tons of calories during your sesh so make sure you compensate for them before and after by eating well.
2. Drinking soda, coffee or energy drinks. These drinks promise to give you energy with the caffeine they contain but it's not necessarily good for your skating! These drinks can make us jittery and sometimes a little too excited lose focus. **Try to fuel yourself with a fresh juice instead of caffeinated drinks.**
3. Not bringing water to the sesh. **Always bring water with you, and plenty of it!** Reusable bottles that you can fill up are a great idea. If you are skating somewhere without access to fresh drinking water, bring a gallon jug of water from the store. You can usually get one for less than \$1.00!

10 Breakfast Meals to start your day with proper Nutrition

Yogurt Bowl with Nuts and Honey

This is as simple as getting your favorite flavor of yogurt and mixing it in a bowl with some high protein nuts, like peanuts, walnuts, or almonds and topping it off with a bit of honey.

Fried Egg on a Bagel

Put a whole wheat bagel in the toaster to start. Then put enough butter in a frying pan to coat the bottom and crack an egg on top of it. Cook until the egg whites have gotten firm. Then take the egg out of the pan with a spatula and put it on your toasted bagel.

Oatmeal with Fruit

Add some instant oats with milk to a bowl, then place the bowl in a microwave to heat up. Then add your fruit! Blueberries, bananas, strawberries, raspberries, and blackberries are all delicious choices to add into some oatmeal.

Omelette with Vegetables



Ingredients

- Two eggs
- Onions
- Spinach
- Broccoli
- Tomatoes

Preparation

1. Crack two or three eggs into a bowl, then mix with milk and salt. Add vegetables into a small fry pan with low heat. Stir the egg mixture then pour it into the pan with the vegetables. Flip the omelette in half once it starts to brown on the bottom.

Toast with Healthy Toppings

Put a slice of toast in the toaster. When it is done, add some peanut butter, cottage cheese, or avocado. You could even add an egg to the top like you did with the bagel sandwich.

Hard Boiled Egg with Fruit

Place eggs in a pot of water on the stove. Bring the water to a boil. Once the water starts boiling, set a timer for 6 minutes. Once the 6 minutes is up, turn the heat off and take the eggs out of the water.. Run the eggs under cold water, then peel the shell off. You can put some salt and pepper on this and eat it on the go. This goes great with an apple or banana.

Whole Wheat Pancakes with Fruit

Swap out your white flour for wheat flour to get more nutrition, and top it off with bananas, blueberries, strawberries, or raspberries.

Tortilla Peanut Butter Wraps

Spread some peanut butter over a whole wheat tortilla and add banana slices to it, then wrap the tortilla up into a roll. Add some other fruits or nuts if you have them!

Fried Egg in a Pepper

Cut out a bell pepper so you have a half inch ring. Place that in a fry pan, then crack an egg inside of it. Let the egg cook until the whites are hard, then remove from heat and top with salt and pepper.

Scrambled Eggs

These are pretty similar to the omelette recipe before, but you can add the veggies after eggs or eat them as a side, instead of inside the recipe. Crack the eggs into a bowl with milk and salt, then whisk that together. Put that into a fry pan and stir the eggs in the pan until it firms into bunches. Make sure all the parts are evenly cooked. You can slice up a tomato to eat on the side, or cook another veggie to eat with your eggs.



10 Lunch Meal Preps

To eat on the go!

Whole wheat deli sandwich

Get two slices of bread and put a healthy condiment on, like organic mustard, then add a slice of cheese to get the fat and calcium you'll need for the day. Add turkey or chicken for protein.

Tuna Hoagie

Mix your tuna with tomatoes, lettuce, and a little bit of mayo. Then fill up a sub roll with it and enjoy!



Salad in a Tupperware

Place some spinach in a container that closes, then add some fresh tomatoes, cucumber, and pepper. Top it off with a vinaigrette dressing and enjoy when you need an energy boost .

Lunch Wrap

Get a whole wheat wrap or a spinach wrap, then place your favorite sandwich ingredients inside. Turkey, chicken, cheese, lettuce, tomatoes, or cucumber! The wraps are just as easy to carry around as a sandwich and even easier to eat.

Apple Sandwiches

Take the core out of the apple, then cut the apple into slices. Spread peanut butter and raisins on top of them and place them together into a sandwich.

Pizza Toast

Get whole wheat toast or bagel, then spread some marinara sauce on top of it. Add cheeses and spinach to the top and put it in a toaster oven until the cheese bubbles and browns.

Whole Wheat Burrito

Take a whole wheat tortilla and fill it with black or pinto beans for protein, some fresh veggies, some salsa, and cheese. Wrap up the burrito and you're ready to go!

Quesadillas

Warm a tortilla in a fry pan. Place chicken and cheese in the middle with tomatoes, beans, or onions, then fold the tortilla in half. The inside should be warm and gooey!

Pasta Salad

Cook pasta in a pot, then drain it as usual. Cook broccoli and corn in a pot until they are soft. Get some oil and vinegar, then place the pasta, veggies, and dressing into a Tupperware to go.

Caprese Sandwich

Add some mozzarella cheese, fresh tomatoes, and some basil in between two pieces of whole grain bread.

10 Quick & Easy Smoothies

Nut Butter

Greek yogurt, your choice of nut butter, honey, ice.

Green

Greek yogurt, one handful of raw spinach, frozen mango, half of a small avocado, honey.

Simple Strawberry

One banana, frozen strawberries, almond milk, peanut or almond butter.

Berry

Fresh or frozen berries, almond milk, greek yogurt, acai berries, and ice.



Fresh

Fresh carrots and cucumbers, low sugar fruit juice (apple or orange).

Protein

Fruit of your choice, nut butter, non dairy milk of your choice, oats, chia seeds, and honey.

Sweet

Frozen or fresh strawberries, raspberries, peaches, bananas, pitted dates, agave, and greek yogurt.

Fall

Apples, frozen banana, honey, almond butter, cinnamon, and apple juice.

Breakfast

Frozen bananas, oats, honey, almond butter, and almond milk.

Super Fruity

Bananas, berries, peaches, frozen cherries, peaches, and mangos. Then add ground walnuts and any non dairy milk.



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