

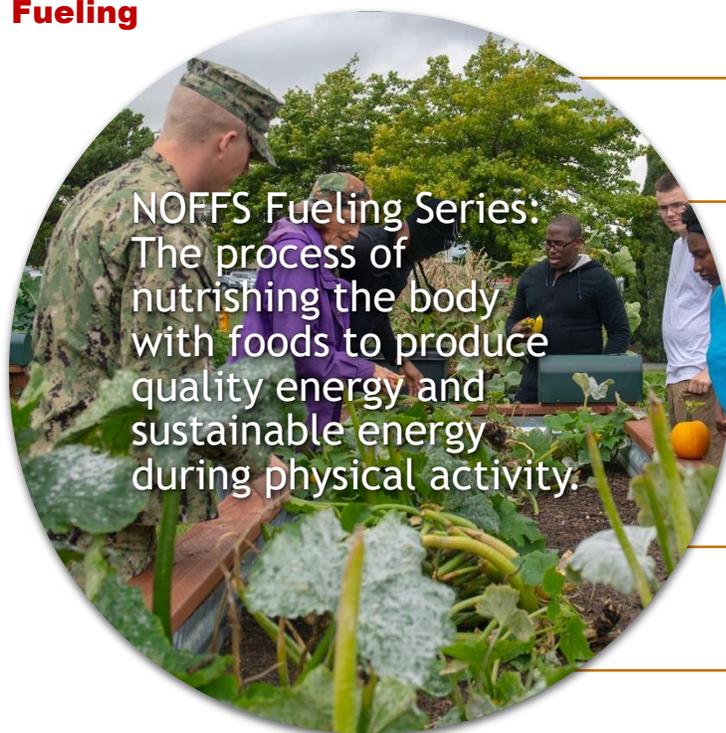


NOFFS Nutrition

Nutrition is the foundation for having sustainable energy and being able to recover from physical training quickly. The energy you put into your body will affect your ability to perform physical tasks.

NOFFS

Fueling



NOFFS Fueling Series:
The process of
nourishing the body
with foods to produce
quality energy and
sustainable energy
during physical activity.



1. **Eat Clean:** Eat foods that are least processed. These are foods that are in their most natural form. Start shopping for foods located around the perimeter of grocery stores.
2. **Eat Often:** Eat mini-meals every two to three hours throughout the day to provide your body with a steady fuel of energy.
3. **Hydrate:** The human body is 60-65% water, which aids in vital functions such as the delivery of fuel to muscles and aiding in metabolism and digestion.
4. **Recover:** Refueling your body with nutritional foods after the muscles are broken down from a workout can help with speeding up the recovery process and decreasing soreness.
5. **Mindset:** Knowing basic nutrition knowledge is beneficial; however, if not adapted into a lifestyle will not produce physical change. An easy way to adopt better eating habits is to follow the 80/20 rule: eat foods that provide sustainable energy 80% of the time and meals that are what you want to eat (like cake) 20% of the time.