You know it feels good to move and work up a sweat! In addition to improved health, the bonus benefits of regular exercise include increased energy, sleep and even a boost in mood. What's not to love?

Whatever your activity goals are, whether it’s athletic performance, endurance or general health, it is important to fuel your strong with good nutrition.

If you want to get the most out of physical activity and sports, you’ve got to put in your best. And how much energy you have on the field (or track, pool and court!) could depend on what you eat and drink before, during and after.

**WHAT EXACTLY DOES YOUR BODY NEED?**

**Food is Fuel:**

Making good choices for an overall healthy diet helps support your physical activity. Your attention to what you eat may just need a little bit of “fine tuning.”

Eating regular meals and snacks helps to provide the fuel you need to support your increased activity level.

You have probably noticed the focus on complex carbohydrates and protein. Carbohydrates are important as they are the energy storage for muscles and help fuel your activities. Lean protein from foods (you don’t need expensive protein supplements) help muscles recover after physical activity. With a bit of purposeful planning, you can fuel your strong all day long!

**A MEAL-BY-MEAL PLAN**

- Breakfast is the perfect time to get a jump start on your day! Look for good food combinations of protein and carbohydrates like whole grain and fiber-containing cereals with low-fat milk and fruit, waffles with peanut butter and bananas, yogurt parfait or an egg sandwich.

- Prepare for lunch by either packing a balanced mix of food groups or looking over the cafeteria menu to select the “better” choices. Planning ahead helps to prepare for any potential problems when time is short.

- Pack balanced snacks to fuel up before practice or physical activity. Think about snack bars, fruit, string cheese, or hummus and crackers to help bridge you from school to activity.

- Dinner meals that balance complex carbohydrates, lean protein and healthy fats help to end your day of activity by fuelling recovery and repair to make sure you stay hydrated.