

# KEEPING YOUR HEAD IN THE GAME



FIT TO LOG

## POWER SNACKING

- Your engine can't run right if the fuel mix is wrong. Do the same for your body to keep your reactions sharp.
- Keeping your blood sugar stable can prevent the loss of focus and slowing of reaction time when you are tired or have been working for more than a couple hours.



- Every 2-3 hours stop for a small snack of carbs with low fat protein to fuel up your brain and reflexes.

## CHOOSE CARBS AND LOW FAT PROTEIN

- Whole grain bread, bagel or wrap with chicken breast or low fat hummus, lettuce, sprouts and tomato slices.
- Fruit with low fat cottage cheese.
- Get a small thermos for soup or stew and bring leftovers.
- Veggie sticks of all kinds with low fat bean or cream cheese dip.
- Low fat baked goods like muffins or breads made with applesauce to replace half of the oil and only half the recommended sugar. Add a few nuts, extra egg whites or dried milk powder to increase the protein content.



## STAY HYDRATED



- Remember to have a drink of water every 15 min or so.
- Use a frozen water bottle to keep your lunch from spoiling and provide you with cold water to drink.