

FUELLING FITNESS FOR YOUR SPORT

Fluid Needs

Environmental conditions and individual sweat losses are the main determinants of fluid needs. Staying adequately hydrated is essential during longer games and hot weather to maintain a high level of concentration. It is important to maintain adequate hydration through regular fluid intake, and to replace any fluid debt accrued during training or a match. Water is a good option, although a sports drink required during warmer weather or for those who are heavy sweaters.

What Should I Eat Pre-Event?

A meal or snack should be consumed at least 2 hours prior to the start of activity and should be familiar to the individual. It is best to choose a food that sits well and does not repeat on you or cause any stomach upset. Carbohydrate loading is not essential due to the low level of aerobic activity and available time to eat between or within a game or training session. Eating regularly throughout tournaments is important to remain fuelled up. Typical high carbohydrate choices include:

- milk drink, Sustagen Sport or fruit smoothie
- jam, honey or fruit sandwich
- yoghurt and fruit
- rice pudding
- cereal or cereal based bars

What Should I Eat/Drink During Competition?

During a game lasting less than one hour water is appropriate. Familiar carbohydrate-rich choices may be consumed during a match of longer duration, but may not be required if a sports drink is used. There is usually enough time to eat during a match (if required) due to the large number of substitutes allowed on the bench.

What About Recovery?

Replenishing Muscle glycogen and minimising muscle damage is particularly important for Volleyball players. Recovery is important after both training and



games. A snack followed by a larger mixed meal of carbohydrate and protein provides the necessary components for recovery. Some initial recovery snack suggestions include:

- meat, fish or cheese sandwiches/roll.
- fruit smoothie,
- protein based cereal sports bar
- supplement drink such as sustagen sport

Training Diet

A general healthy eating pattern is the back bones of a fit and trim volleyball player. To maintain strength and agility a diet high in carbohydrate and protein spread across at least 6 meals and snacks is a typical eating pattern. Considering the size and appetite of many players this can add up to a large amount of food. Individual requirements will be determined by frequency of training, size of athlete and adjustment for growth in younger athletes and should be discussed with an accredited practising Sports Dietitian. A growing young male will have energy requirements of 10000-15000kJ per day.

Players are often able to eat and drink during training and matches. This can aid in replenishing carbohydrate stores and maintaining muscle mass. Refuelling is vital after long training sessions and during tournaments.

CHOOSING A PERFORMANCE DIET

STORED GLUCOSE AND GLYCOGEN

THE AVERAGE 150 POUND MALE HAS ABOUT 1800 CALORIES OF CARBOHYDRATE STORED IN THE LIVER, MUSCLE, AND BLOOD IN APPROXIMATELY THE FOLLOWING DISTRIBUTION:

MUSCLE GLYCOGEN	1400 CALORIES
LIVER GLYCOGEN	320 CALORIES
BLOOD GLUCOSE	80 CALORIES
TOTAL: 1800 CALORIES	

THESE LIMITED CARBOHYDRATE STORES INFLUENCE HOW LONG YOU CAN PERFORM AT A HIGH LEVEL. WHEN GLYCOGEN STORES GET TOO LOW, YOU HIT THE WALL-THAT IS, YOU FEEL OVERWHELMINGLY FATIGUED.

HERE ARE SOME RECOMMENDATION TO HELP YOU AVOID THIS OVERWHELMING FEELING OF FATIGUE.

CARBOHYDRATES:

THE GLYCEMIC INDEX CAN BE USED AS A RANKING SYSTEM THAT DETERMINES WHETHER YOU SHOULD EAT A FOOD BEFORE, DURING OR AFTER EXERCISE. HIGH GLYCEMIC INDEX CARBOHYDRATES (POTATOES, CORNFLAKES, HONEY) QUICKLY ENTER THE BLOOD STREAM AND ARE BEST TO EAT DURING AND AFTER EXERCISE. LOW TO MODERATE G.I. FOODS (RICE, PASTA, BANANAS) SLOWLY ENTER THE BLOOD STREAM AND ARE PREFERRED BEFORE EXERCISE BECAUSE THEY PROVIDE SUSTAINED ENERGY. LOW GLYCEMIC FOODS MAY ELIMINATE THE NEED FOR CONSUMING CARBOHYDRATES TO MAINTAIN NORMAL BLOOD SUGAR LEVELS DURING LONG TERM EXERCISE.

FOOD LABELS ARE THE HANDIEST SOURCE OF CARBOHYDRATE INFORMATION.

GLYCEMIC INDEX OF SOME POPULAR FOODS

- AMOUNT BASED ON 50 GRAMS OF CARBOHYDRATE PER SERVING

<u>HIGH</u>	<u>GI</u>
GLUCOSE	100
GATORADE	91
POTATO, BAKED	85
CORN FLAKES	84
RICE CAKES	82
JELLY BEANS	80
VANILLA WAFFERS	77
CHERRIOS	74
CREAM OF WHEAT	74
GRAHAM CRACKERS	74
HONEY	73
WATERMELON	72
BAGEL, LENDER'S WHITE	72
BREAD, WHITE	70
BREAD, WHOLE WHEAT	69
SHREDDED WHEAT	69
SOFT DRINK	68
MARS BAR	68
GRAPE-NUTS	67
STONED WHEAT THINS	67
COUSCOUS	65
TABLE SUGAR	65
RAISENS	64
OATMEAL	61
ICE CREAM	61

FOODS WITH A HIGH GYLCEMIC RESPONSE HAVE A VALUE ABOVE 60

MODERATE GI

MUFFIN, BRAN	60
BRAN CHEX	58
ORANGE JUICE	57
POTATO, BOILED	56
RICE, WHITE LONG GRAIN	56
RICE, BROWN	55
POPCORN	55
CORN	55
SWEET POTATO	54
POUND CAKE, SARA LEE	54
BANANA, OVERRIPE	52
PEAS, GREEN	48
BULGER	48
BAKED BEANS	48
RICE, WHITE PARBOILED	47
LENTIL SOUP	44
ORANGE	43
ALL-BRAN CERAL	42
SPAGHETTI (NO SAUSE)	41
PUMPERNICKEL BREAD	41
APPLE JUICE, UNSWEETENED	41

MODERATE GLYCEMIC RESPONSE HAS A VALUE BETWEEN 40 TO 60

LOW GI

APPLE	36
PEAR	36
POWER BAR	30 – 35
CHOCOLATE MILK	34
FRUIT YOGURT, LOW FAT	33
CHICK PEAS	33
P R BAR	33
LIMA BEANS, FROZEN	32
SPLIT PEA, YELLOW	32
MILK, SKIM	32
APRICOTS, DRIED	31
GREEN BEANS	30
BANANA, UNDERRIPE	30
LENTILS	29
KIDNEY BEANS	27
MILK, WHOLE	27
BARLEY	25
GRAPEFRUIT	25

FOODS WITH A LOW GLYCEMIC RESPONSE HAVE A VALUE LESS THAN 40

Food	Amount	Carbohydrates (g)	Total calories
<i>Fruits</i>			
Apple	1 medium	20	80
Orange	1 medium	15	65
Banana	1 medium	25	105
Raisins	1/3 cup	40	150
Apricots, dried	10 halves	20	85
<i>Vegetables</i>			
Corn, canned	1/2 cup	15	70
Winter squash	1/2 cup	15	60
Tomato sauce, Prego	1/2 cup	10	95
Peas	1/2 cup	10	60
Carrot	1 medium	10	40
Green beans	1/2 cup	5	20
Broccoli	1/2 cup	5	20
Zucchini	1/2 cup	2	10
<i>Bread-type foods</i>			
Hoagie roll	1	75	400
Branola bread	1 slice	20	85
Bagel	1 small	31	165
English muffin	1	25	130
Pita	1 small	21	105
Pancakes	3- to 4-inc	35	185
Waffle, Eggo	1	15	120
Saltines	5	10	60
Graham crackers	2 squares	10	70
<i>Breakfast cereals</i>			
Grape-Nuts	1/4 cup	25	105
Raisin Bran, Kellogg's	3/4 cup	30	120
Granola, low-fat	1/2 cup	45	210
Oatmeal, maple instant	1 packet	30	165
Cream of wheat, cooked	3/4 cup	24	115
<i>Beverages</i>			
Apricot nectar	8 ounces	35	140
Cranrasberry juice	8 ounces	36	145
Apple juice	8 ounces	30	120
Orange juice	8 ounces	25	105
Gatorade	8 ounces	14	50
Cola	12 ounces	39	155
Beer	12 ounces	13	145
Milk, chocolate	8 ounces	25	180
Milk, 2%	8 ounces	12	120
<i>Grains, pasta, starches</i>			
Baked potato	1 large	50	220
Baked beans	1 cup	50	260
Lentils, cooked	1 cup	40	230
Stuffing, bread	1 cup	40	340
Spaghetti, cooked	1 cup	40	200
Rice, cooked	1 cup	45	200
Ramen noodles	1/2 package	25	180
<i>Entrees, convenience foods</i>			
Lentil soup	10.5 ounces	27	170
Bean burrito, frozen	5 ounces	45	370
Refried beans, canned	1 cup	32	200
Spaghettios	1 cup	36	200
Macaroni and cheese, canned	1 cup	29	210
<i>Sweets, snacks, desserts</i>			
Cranberry sauce	1 tablespoon	7	30
Maple syrup	1 tablespoon	13	50
Strawberry jam	1 tablespoon	13	50
Honey	1 tablespoon	15	60
Oreo	1	8	50
Fig Newton	1	11	60
Pop-Tart, blueberry	1	30	195
Fruit yogurt	1 cup	50	225
Frozen yogurt	1 cup	44	240

Nutrient data from food labels and J. Pennington, 1992, *Bowes & Church's Food Values of Portions Commonly Used*, 16th ed. (Philadelphia: Lippincott.)

Ranking Salad Fixings

The Center for Science in the Public Interest (CSPI) has developed a system for ranking vegetables in order of their nutritional value and fiber content. In general, notice how the vegetables with more color also have more nutrients. Here's how some popular salad ingredients compare:

Ingredients	Score based on 9 nutrients and fiber
Carrot, 1 medium raw	434
Red pepper, 1/2	166
Spinach, 1 cup raw	152
Broccoli, 1/2 cup raw	100
Romaine lettuce, 1 cup	78
Cauliflower, 1/2 cup raw	77
Green pepper, 1/2	67
Avocado, 1/2 California	63
Endive, 1 cup	56
Cabbage, 1/2 cup raw	39
Corn, 1/2 cup	39
Boston lettuce, 1 cup	38
Tomato, 1/2	37
Beets, 1/2 cup cooked	32
Green beans, canned 1/2 cup	26
Leaf Lettuce, 1 cup	25
Iceberg lettuce, 1 cup	22
Radishes, 1/4 cup	17
Celery, 1 stalk	14
Onions, 1/4 cup raw	14
Alfalfa sprouts, 1/2 cup	11
Cucumber, 1/2 cup	11
Mushrooms, 1/2 cup raw	10

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The Best Fruits

Vitamin packed and health protective, fruit is a top-notch sports snack. To help you make the best choices, use this list that scores fruits according to their content of nine vitamins and fiber.

Fruit	Nutrition score
Papaya, 1/2	252
Cantaloupe, 1/4	213
Strawberries, 1 cup	186
Oranges, 1 average	169
Tangerines, 2 average	168
Kiwi, 1	154
Mango, 1/2	153
Watermelon, 2 cups	122
Raspberries, 1 cup	117
Grapefruit, 1/2	103
Honeydew, 1/10 melon	81
Apricots, 2 fresh	72
Banana, 1	60
Apple, with skin, 1	58
Pear, 1 average	48
Apple, no skin, 1	42
Peach, 1 average	39
Raisins, 1/4 cup packed	35
Pears, canned, 2 halves	16

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Research has shown athletes perform better with the low glycemic meal as compared to high glycemic foods.

Athletic success depends on both well-fueled muscles and a well fueled mind.

CARBS TO CARRY

Whether you are on the team bus, or on a budget that requires you to eat at quick-service restaurants, be sure to pack your gym bag with portable carbohydrates to supplement the fattier fare. Some easy to tote choices include:

Bagels	Dried apricots
Crackers	Raisins
Pretzels	Fresh fruit (apples, oranges, bananas)
Fig Newtons	Juices (single serving containers)
Pop-Tarts	Trail mix or granola with dried fruits
Breakfast cereals (single-servings)	

ON THE ROAD TO EATING RIGHT

Sample High-Carbohydrate Fast Food Menus

The optimal sports diet gets 60 to 70 percent of its calories from carbohydrates. At quick-service restaurants, you can very easily consume a suboptimal 40- to 50-percent carbohydrate diet. Why? Because fatty foods are readily available, inexpensive, and often tempting. Hence, you have to plan ahead, bring wholesome snacks with you, and make special requests when possible.

The following menus are sample sports meals that offer at least 60 percent carbohydrates. Some of the food items (such as soft drinks) are not generally recommended as a part of an optimal daily diet, but they can be incorporated into a meal on the road from time to time.

The purpose of the sample meals is simply to give you an idea of what a 60-percent carbohydrate diet looks like, so you can use it to guide your food choices. The menus are appropriate for active women and men who need 2,000 to 2,600 or more calories per day. For extra carbohydrates, eat more of the food in italics.

<u>Meal</u>	<u>Item</u>	<u>Total Calories</u>
Breakfast		
McDonald's	Orange juice, 6 ounces	85
	Pancakes with syrup	420
	English muffin with jelly	155
	Total: 660 calories, 85% carbohydrates	
Dunkin' Donuts	Bran muffin, large	300
	Chocolate milk	150
	Total: 450 calories, 70% carbohydrates	
Family restaurant	Apple juice, large (10 ounces)	145
	Raisin bran, 2 small boxes	220
	1% milk, 8 ounces	110
	Sliced banana, medium-large	135
	Total: 610 calories, 90% carbohydrates	
Lunch		
Sub shop	Turkey sub, no may	590
	Cranapple juice (8 ounces)	160
	Total: 750 calories, 60% carbohydrates	
Wendy's	Baked potato, plain	310
	Chili, large (12 ounces)	300
	Frosty Dairy Dessert, small	340
	Total: 950 calories, 70% carbohydrates	

Meal	Item	Total Calories
Salad bar	Lettuce, 1 cup	15
	Green pepper, 1/2	10
	Broccoli, 1/2 cup	20
	Carrots, 1/2 cup	20
	Tomato, large	50
	Chick-peas, 1/2 cup	160
	Feta cheese, 1 ounce	75
	Italian dressing, 2 tablespoons	100
	Bread, 1-inch slice	200
Total: 650 calories, 60% carbohydrates		
Dinner Pizza	Cheese pan pizza, 2 slices	500
	Large cola, 12 ounces (no ice)	150
Total: 650 calories, 60% carbohydrates		
Italian restaurant	Minestrone soup, 1 cup	90
	Spaghetti, 2 cups	400
	Tomato sauce, 2/3 cup	120
	Parmesan cheese, 1 tablespoon	30
	Rolls, 2 large	280
Total: 920 calories, 75% carbohydrates		
Family restaurant	Turkey, 5 ounces white meat	250
	Stuffing, 1 cup	200
	Mashed potato, 1/2 cup	100
	Peas, 2/3 cup	70
	Cranberry sauce, 1/4 cup	100
	Orange juice, 8 ounces	110
	Sherbet, 1 scoop	120
Total: 950 calories, 65% carbohydrates		

INTERNATIONAL
CARBOHYDRATES

Ethnic restaurants offer an abundance of carbohydrates in the form of rice, couscous, lentils, beans, and breads. The following list will help you choose high-carbohydrate foods in Mexican and Chinese restaurants.

CARBOHYDRATE CHINESE STYLE

1. Request that your food be either steamed or stir-fried with minimal oil.
2. Order extra servings of boiled rice, pancakes (that come with moo shu dishes), lo mein (noodles), with minimal oil.
3. Choose stir-fried rather than deep-fried items (often described as "crispy" or "dipped in batter").
4. Limit oily-looking sauces. Sweet and sour sauce is fine; just request it on stir-fried rather than on deep-fried dishes.

SAMPLE HIGH-CARBOHYDRATE MEALS

<u>Menu #1</u>	<u>Menu #2</u>
Egg drop soup	Wonton soup
Chicken chop suey	Steamed Peking ravioli
Rice, boiled (double serving)	Moo shu chicken with extra pancakes
Fortune Cookies	Pineapple chunks

CARBOHYDRATES MEXICAN STYLE

1. Carbohydrate-rich choices include rice, beans, tortillas, and bean soups.
2. Request plain, not fried, tortillas with tostados.
3. Request less cheese in enchiladas, tacos, and other entrées, when possible.
4. Bean dishes are sometimes loaded with lard. Be cautious!

SAMPLE HIGH-CARBOHYDRATE MEALS

<u>Menu #1</u>	<u>Menu #2</u>
Bean burrito (with less cheese)	Lime soup
Rice, large serving	Chicken enchilada with less cheese
Tortilla chips (only a few!)	Beans and rice
Salsa	Plain tortillas

PROTEIN

Defining Protein Needs

Research has yet to define the exact protein needs of sports-active people because their needs vary. All active people need more protein than the current recommended dietary allowance of 0.4 grams of protein per pound of body weight (0.8 g/kg).

0.6 to 0.9 grams of protein per pound of body weight (1.4 - 1.8 g Pro/kg) seems to be appropriate for strength athletes.

Because individuals have a range of protein needs, the following are some safe and adequate recommendations for protein intake. These recommendations include a margin of safety and are not minimal amounts. (Iemon 19954; Leon et al 1992)

Protein in Commonly Eaten Foods

Although animal products generally provide the highest quality protein, you don't have to eat beef to get plenty of protein. You can eat a variety of plant proteins. Note that you need to eat a generous portion (more calories) of beans and other plant proteins to equal the protein in animal foods.

	Grams of protein/ standard serving		Grams of protein/ 100 calories (amount)	
<i>Animal Source</i>				
Egg white	3.5	from 1 large egg	20	6 egg whites
Egg	6	1 large	8	1.3 eggs
Cheddar cheese	7	1 ounce	6	0.9 ounces
Milk, 1%	8	8 ounces	8	8 ounces
Yogurt	11	1 cup	8	6 ounces
Cottage cheese	15	1/2 cup	15	1/2 cup
Haddock	27	4 ounces cooked	21	3 ounces
Hamburger	30	4 ounces broiled	10	1.5 ounces
Pork loin	30	4 ounces roasted	10	1.5 ounces
Chicken breast	35	4 ounces roasted	18	2 ounces
Tuna	40	6 ounces	20	3 ounces
<i>Plant sources</i>				
Almonds, dried	3	12 nuts	3.5	14 nuts
Peanut butter	4.5	1 tablespoon	4.5	1 tablespoon
Kidney beans	6	1/2 cup	6	1/2 cup
Hummus	6	1/2 cup	3	1/4 cup
Refried beans	7	1/2 cup	7	1/2 cup
Lentil soup, Progresso	11	10.5 ounces	6.5	6 ounces
Tofu, extra firm	11	3.5 ounces	12	4 ounces
Baked beans	14	1 cup	7	1/2 cup

Data from food labels and J. Pennington, 1992, *Bowes & Church's Food Values of Portions Commonly Used*, 16th ed. (Philadelphia: Lippincott).

PROTEIN

	Grams of Protein per pound of body weight
Current RDA for sedentary adult	0.4
Recreational exerciser, adult	0.5-0.75
Competitive athlete, adult	0.6-0.9
Growing teenage athlete	0.8-0.9
Adult building muscle mass	0.7-0.9
Athlete restricting calories	0.8-0.9
Maximum useable amount for adults	0.9

CALCULATING YOUR PROTEIN NEEDS

It's easy to figure out your protein needs. To learn if you are meeting your protein needs in your current diet, follow two easy steps.

First, identify yourself in the categories listed above. A 120-pound bike racer, for example, categorized as a "competitive athlete, adult," would need about 72 to 108 grams of protein per day:

$$120 \text{ lb} \times 0.6 \text{ g/lb} = 72 \text{ g protein}$$

$$120 \text{ lb} \times 0.9 \text{ g/lb} = 108 \text{ g protein}$$

A 150-pound teenage swimmer in the category of "growing athlete" would need about 120 to 135 grams of protein per day:

$$150 \text{ lb} \times 0.8 \text{ g/lb} = 120 \text{ g protein}$$

$$150 \text{ lb} \times 0.9 \text{ g/lb} = 135 \text{ g protein}$$

ACE - YOUR RECOVERY ANIOXIDANTS

VITAMIN A

Carrots contain beta-carotene, a substance that is converted into Vitamin A in your body. Vitamin A promotes good vision, healthy skin, normal growth, and maintenance of your bones, teeth and mucous membranes. Vitamin A also helps in the recovery stage to boost the immune system. Beta carotene is found in most orange-yellow fruits and vegetables, along with dark-green vegetables.

Foods rich in vitamin A:	Foods rich in beta-carotene:
liver	cantaloupe
eggs	carrots
milk	sweet potato
butter	winter squash
margarine	spinach
	broccoli

VITAMIN C

Vitamin C helps to keep your bones, teeth, and blood vessels healthy, heals wounds, boosts your resistance to infection, and participates in the formation of collagen (a protein that helps support body structures). Vitamin C also increases the absorption of the mineral iron.

Foods rich in vitamin C include:	
citrus fruits (oranges, grapefruits, etc.)	melons
berries	tomatoes
potatoes	broccoli
fortified juices	

Fat-soluble vitamins	Water-soluble vitamins
vitamin A	B vitamins
vitamin D	thiamin
vitamin E	riboflavin
vitamin K	niacin
	vitamin B-6
	folate
	vitamin B-12
	pantothenic acid
	biotin
	vitamin C

VITAMIN E

Vitamin E aids in the formation and functioning of your red blood cells, muscle, and other tissues, and protects essential fatty acids (special fats that are needed by your body). Because vitamin E is found in a variety of foods, deficiency is rare. However, an extreme case of vitamin E deficiency involves wasting of the muscles and neurological disorders. To date, there have been no shown toxic effects from taking doses well over the RDA.

Foods rich in vitamin E include:	
vegetable oils	margarine
salad dressings	whole-grain cereals
green leafy vegetables	nuts and seeds

PREVENTING

CHRONIC FATIGUE

Athletes can become chronically fatigued for a variety of reasons, including excessive training, inadequate rest, and improper nutrition. If you have a strenuous and prolonged training schedule in addition to other commitments and responsibilities, you may find yourself with too little time for proper eating and sleeping.

Listed here are some symptoms of chronic fatigue syndrome. If you are experiencing two or more of these symptoms, take heed!

- Unusually poor performances in training and competition.
- Failure to improve performance despite diligent training.
- Inability to perform better in competition than during practice.
- Loss of appetite and body weight.
- Insomnia.
- Joint and muscle pains that have no apparent cause.
- Frequent colds or respiratory infections.
- Irritability and anxiety that may be accompanied by depression.

Rather than getting to the point of chronic fatigue, you should take steps to prevent it:

- Eat a proper sports diet that provides adequate carbohydrates and protein.
- Allow recovery time between bouts of intense exercise.
- Plan your schedule so you can get enough sleep at night.
- Try to minimize stress in your life and curtail disruptive activities that might drain your physical and mental energy reserves.

Data from W.Sherman and E.Magliischo, 1991. "Minimizing chronic fatigue among swimmers; Special emphasis on nutrition." Sports Science exchange 4 (35). Gatorade Sports Science Institute.

RECOVERY

YOUR MUSCLES CAN REPLACE GLYCOGEN AT THE AVERAGE RATE OF ABOUT 5 % PER HOUR. THUS, IT TAKES AT LEAST 20 HOURS TO FULLY REPLENISH DEPLETED MUSCLES. IDEALLY, YOU SHOULD CONSUME CARBOHYDRATES-RICH FOODS AND BEVERAGES WITHIN 30 MINUTES AFTER YOUR WORK OUT. THAT IS WHEN THE ENZYMES RESPONSIBLE FOR MAKING GLYCOGEN ARE MOST ACTIVE AND WILL MOST RAPIDLY REPLACE THE DEPLETED GLYCOGEN STORES AT THE RATE OF 7 TO 8 PER HOUR. YOU MUST CONSUME PROTEIN AFTER EXERCISE. THIS WILL SPEED YOUR RECOVERY. RESEARCH SHOWS THAT AN ATHLETE SHOULD 1 GRAM OF PROTEIN PER 3 GRAMS OF CARBOHYDRATES CONSUMED.

WE TRAIN TO STIMULATE

WE REST TO ADAPT

R RELAX

E EAT RIGHT

S SLEEP 8 TO 10 HOURS A NIGHT

T TWENTY GLASSES OF WATER A DAY