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# The Nutritionist's Game Plan

**A slide series on nutrition and athletic performance designed for use by coaches and athletes. This presentation is available from your local Virginia Polytechnic Institute and State University Extension Office.**

Dear Coach:

As you know, it takes healthy players to produce a winning team. The nutrition of the athlete lays the foundation for health and influences performance. Our slide series "The Nutritionist's Game Plan" deals with the relationship of each nutrient to physical performance, the importance of water in training, the use of salt by the athlete, the pre-game meal, and factors influencing athletic performance.

As a coach you can and do influence the lives of your athletes. Why not influence them to improve their eating habits for peak performance and good health? We hope you will make "The Nutritionist's Game Plan" a part of your team's training.

Sincerely,



Rebecca M. Mullis, Ph.D., R.D.  
Extension Specialist



Forrest W. Thye, Ph.D.  
Assistant Professor

Highlight's from

"THE NUTRITIONIST'S GAME PLAN"

RULE #1 -- A WELL-BALANCED DIET IS BEST FOR  
ATHLETES

A balanced diet provides adequate amounts of all the necessary nutrients for peak performance. Extra protein, vitamins, and minerals are not necessary if the diet is balanced and varied.

RULE #2 -- PUSH THE WATER

Performance declines when an athlete loses 2% of body weight as a result of sweating. Encourage your players to drink more water than their thirst dictates throughout the athletic event.

RULE #3 -- DON'T CRIPPLE YOUR ATHLETES WITH  
NONSENSE

Avoid making claims for any nutrient preparations to enhance their performance. Rely on sound nutrient information.



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