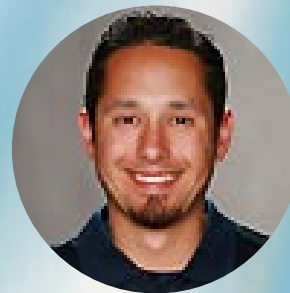


FUEL YOUR PASSION

The Top **10** Secrets of Better Nutrition



LA Galaxy Head Athletic Trainer,
Armando Rivas

1. Support hydration

Studies show that a good sports drink prevents dehydration even better than water.

2. Eat balanced meals

You hear it time and time again, but it really works – balanced meals provide your body with the widest range of nutrients.

3. Remember your pre-exercise meal

A light meal approximately 60 minutes before you exercise helps to prevent hunger and supplies energy to your working muscles.

4. Target carbohydrates for energy

Good carbs are the primary energy source for exercise and major fuel for the brain.

5. Protein is the building block

Protein plays an important role in building muscle and fighting infection, and gives signals and controls for tissue growth and maintenance.

6. Cut back on sugar

Along with introducing negative calories to your system, be aware of the rise-and-fall effect sugar has on your body's energy levels.

7. Healthy snacks on the go

Low-fat, high-nutrient snacks such as energy bars and instant shakes help your body to perform its very best on the go.

8. Supplemental advice

Science-based, clinically proven healthy meal replacements ensure your body's access to its required daily nutrients.

9. Eat throughout the day

To keep your body fueled, eat five to six meals a day, 2½ hours apart at about 300 calories each meal.

10. Be consistent about being consistent

Eating well over several straight months (rather than mere days) will lead to the biggest improvements in your body's shape.

Knowledge is power. Refer to this list as often as you need to fuel your passion for the healthy, active lifestyle you deserve.



HERBALIFE
Official Nutrition Company of the LA Galaxy

