

3 NUTRITION SECRETS THE ELITES SWEAR BY

As a Sports Dietitian, I'll be the first to admit that all athletes are different - there's no one "diet" or style of eating that will work for everyone. But when it comes to performing at a high level there are few things that most elite athletes agree on. Think it's green smoothies & special supplements? THINK AGAIN. Check out the insight from some top-tier female athletes... their advice may surprise you!

1

LET YOUR GOALS GUIDE YOUR FUELING

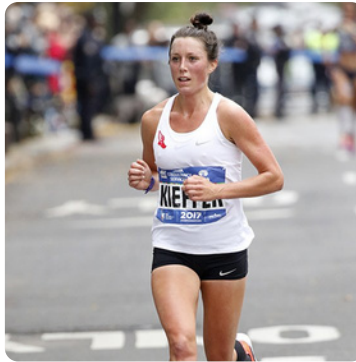


"If I treat my body like an athlete treats her body, pay attention to what I put in it and condition it, perhaps I could achieve my dreams better and chase down these things that I've always wanted."

- Kelly Clark, American Olympic Snowboarder

2

FOCUS ON PERFORMANCE, NOT WEIGHT



"My weight has nothing to do with how good of a runner I am. I'm done feeling like being thinner will make me better."

- Allie Kieffer, American Marathoner and Distance Runner

3

YOUR BODY'S TALKING - LISTEN



"I have tried different diets and cleanses, eating only protein and veggies, drinking only juices, parting ways with sugars and carbs altogether. What's really worked for me? Learning to listen to my body."

- Rebekkah Brunson, five-time WNBA Champion

NEED HELP PUTTING THESE SECRETS INTO ACTION?
CHECK OUT YOUR GAME PLAN ON THE NEXT PAGE

YOUR GAME PLAN

A GUIDE TO FUEL, PERFORM, AND FEEL YOUR VERY BEST

1

CREATE A FUELING SCHEDULE



Most athletes know that they must train consistently to achieve their goals, and nutrition should be viewed no differently! Just as you have a daily, weekly or monthly training plan, create daily, weekly or monthly nutrition plan to support your training. I offer these through coaching programs

2

THROW OUT THE SCALE & MEASURE SUCCESS WITH PERFORMANCE PROGRESS

- ☒ Follow fueling schedule
- ☒ Hydrate with enough water
- ☒ Get 8+ hours of sleep
- ☒ Foam roll or stretch for recovery

While the scale is a common tool to measure progress, it is misleading because weight does *not* dictate performance. Instead, measure progress based on improvements in what you can DO - follow your training plan, take a rest day, drink enough water, eat balanced meals etc. Consider making a daily or weekly checklist of all the things that keep your performance on track, other than your weight!

3

DISCOVER YOUR UNIQUE RESPONSE TO DIFFERENT FOODS



There's no "one-size-fits-all" approach to nutrition, so it's crucial that you pay close attention to how your body responds to different foods. For example, analyze how you feel low carb vs high carb vs moderate carb. Tap into whether it satisfies your hunger or makes you crave more.

UNLOCK THESE 3 SECRETS FOR YOU

Through personalized nutrition coaching, we can make this work for you. Start with a free call with Rise Up Nutrition by [clicking HERE.](#)



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