

BEST FOODS TO EAT BEFORE A GOLF WORKOUT

Pre-exercise

Before all of our competitions, we all think about what we should eating before and after rounds. Leading into the rounds, we should be consuming carbohydrates. The carbs are foods that are broken down during workouts and they will definitely give you energy.

This doesn't mean that you gorge yourself closer to the competition. The quantity of the meal should be smaller the closer to the competition.

Post competition meals or refueling is similar, but different in that now there are also be a similar focus on proteins. The protein is needed to repair and build muscle. Both carbohydrates and protein is necessary for maximum recovery.

Consistency and timing will be uber important for maintaining a proper nutritional outlook. Refueling within 30 to 60 minutes after workouts and hydrating will help shape your performance. Great rehydrating options include (water, $\frac{1}{2}$ and $\frac{1}{2}$ Gatorade, coconut water, muscle milk, chocolate milk).

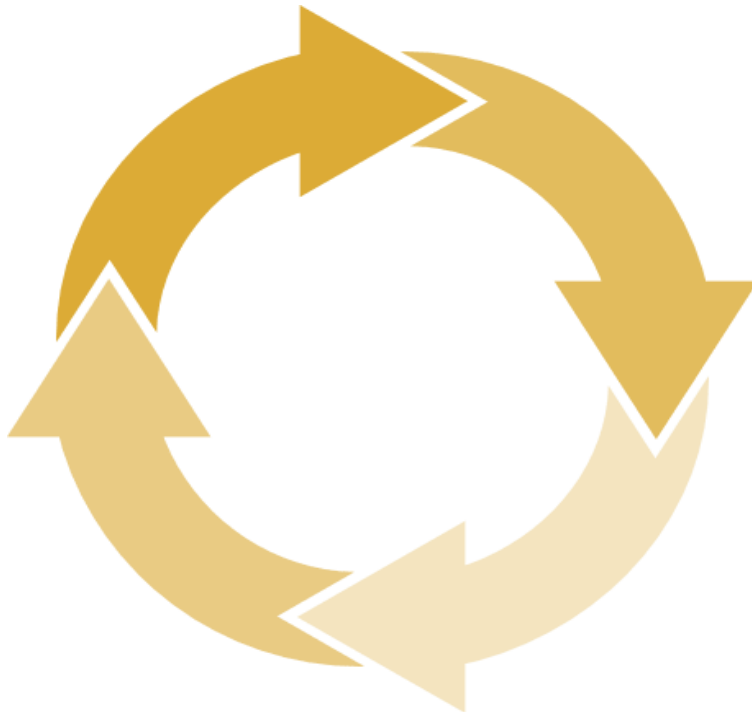


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Tips

- Don't skip breakfast or any meal
- Include Protein with every meal
- Get an ample amount of rest (Reach for at least 8 hours of sleep)
- Stick to your training
- Stretch early in your day, during the day and at the end of the day
- Avoid alcohol and drugs
- Eat balanced and often
- Attack your diet like you attack preparing for the course
- Set realistic goals
- Be smart and careful if taking supplements. Always check the NCAA website for approved supplements
- Make sure golf bag is packed with proper snacks during every practice and every tourney round.
- Eat something every 2 to 3 holes
- Sip on something on each hole

This is truly the evolution of success.



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