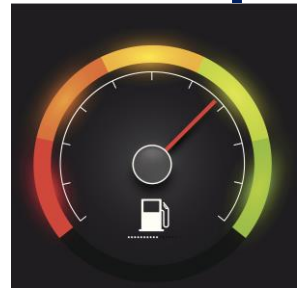


Not Letting Your Tank Run Empty

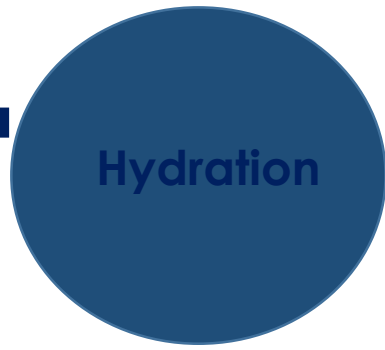
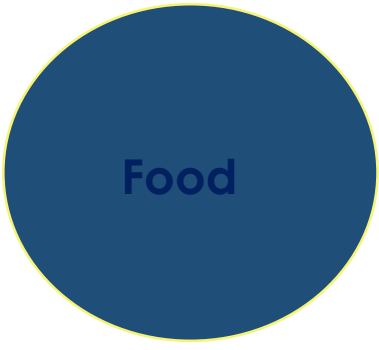
Try to keep your fuel tank in the green, when dropping below the 1/2 way point you are working from a deficit & performance will suffer.



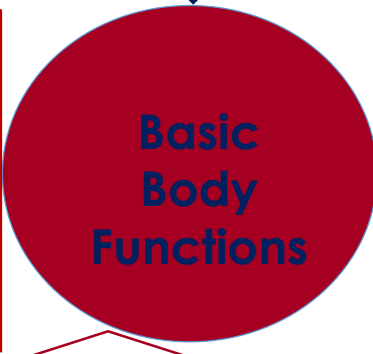
- Restorative process of the body allowing it to heal
- Muscle growth, tissue repair & protein synthesis occurs
- Improves ability to learn as well as memory
- Enhances immune system

- Water makes up 50-60% of the body
- 73% of brain & heart, 83% of lungs, 79% of muscles, 92% of blood
- Regulates body temperature
- Lubricates joints
- Aids in the transportation of nutrients

- Building blocks for body functions
- Provides energy for the body



- Learning Capacity
- Thought development
- Attentional control
- Brain requires glucose to function



- Increased heart rate
- Muscle contraction
- Agility & Quickness
- Increased energy demand
- Cognitive acuity

- Temperature control
- Breathing
- Circulation
- Nutrient processing/digestion
- Other autonomic nervous system functions (the stuff that happens without you thinking about it)
- Mood & Emotions

Fueling for performance is an ongoing process. It must be done prior to, during and after to maintain a healthy level. Your physical, mental and emotional capacities are all affected when any one input is not enough.

Sources:
<https://water.usgs.gov/edu/propertyyou.html>
<https://www.scientificamerican.com/article/what-happens-in-the-brain-during-sleep1/>



Making Injury Prevention Your Key to Success