

**BEING AN ATHLETE  
IS  
A LIFESTYLE  
NOT  
A PART-TIME JOB!**



***ARE YOU AN ATHLETE?***

- **It doesn't matter what/how you practice and train for 2 to 2 1/2 hours per day, if you don't take care of yourself the other 21 hours.**
- **As an athlete, your body will only be as good as you allow it to be! Nutrition and rest are of paramount importance and absolutely vital to the proper recovery time for your body.**
- **Do you force recovery, or do you plan recovery? Plan your recovery and nutrition needs backwards. When will you get your rest, do not skip meals, and know when to say no. **HAVE PRIORITIES AND MAKE YOUR BODY ONE OF THEM!****
- **Remember: Do not stack the deck – Strength and Stamina require 8 - 10 hours of sleep every night! **BE YOUR BEST, BE A CHAMPION!****