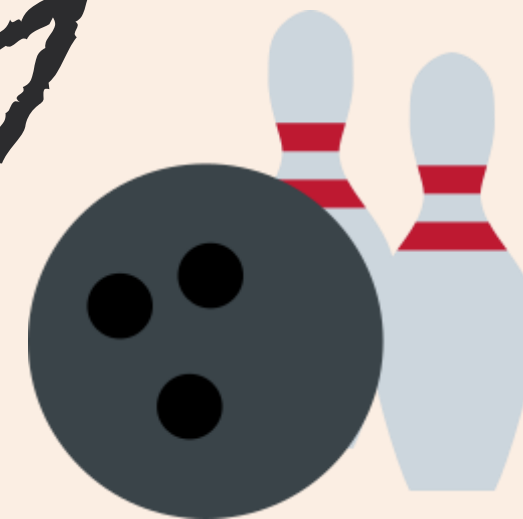


# top Bowling

NUTRITION



# Nature of bowling

- Endurance Sport
- Strength & Fluidity of motion
- Duration
  - 1 Game: 1-1.5 hours
  - Training: 2 hours (5-10 mins break)
  - Competition: 4-5 hours (5-10 mins break/hr)



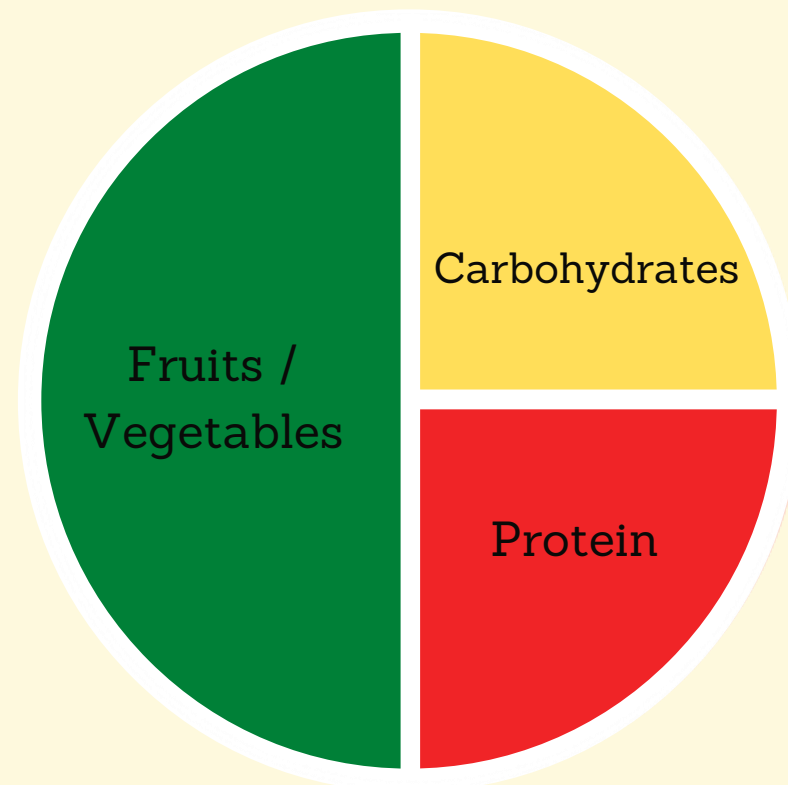
# Nutrition for Performance

- ① Fill your plate according to the day's exercise intensity
- ① When & What to eat
- ① Post training snack examples

# Eating based on exercise intensity

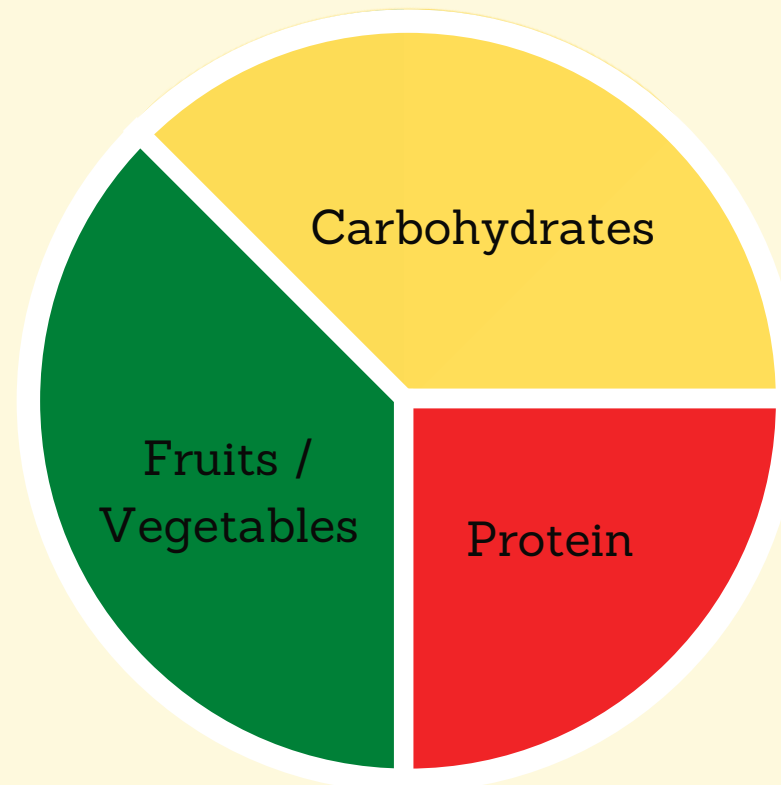
Fill your plate according to the day's exercise intensity:

Light Intensity



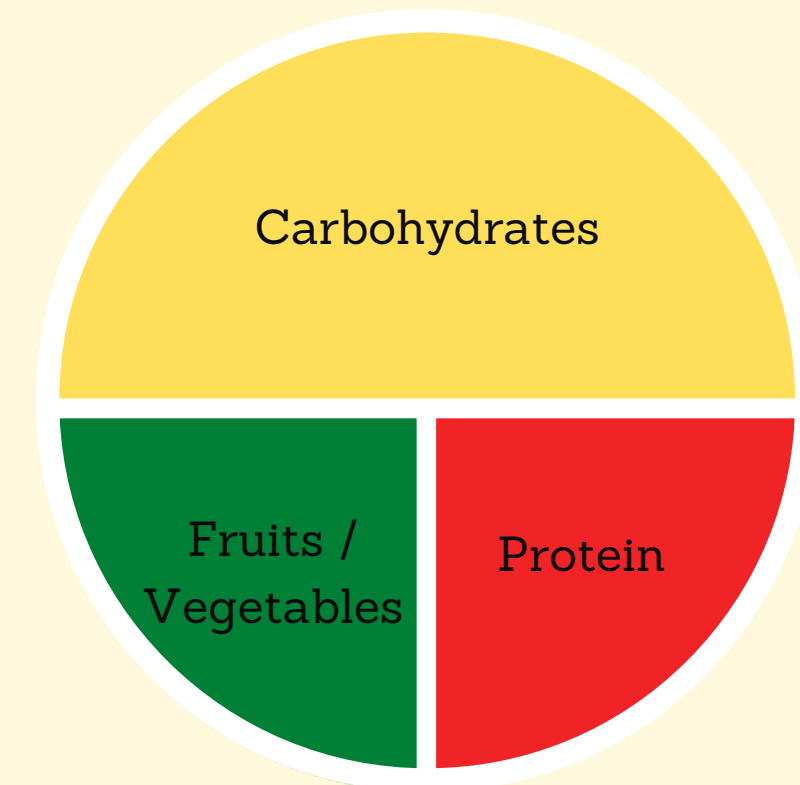
Easy workout/no training days

Medium Intensity



Light effort training

High Intensity



Competition days

# Timing is key

When and What to eat:

B  
E  
F  
O  
R  
E

3 - 4hrs before  
Full Meal

1 - 2hrs before  
Light Meal  
e.g. smoothie, sandwich,  
cereals & milk

0.5 - 1hrs before  
Light Snack  
e.g. energy bar, fruits,  
buns/pau

D  
U  
R  
I  
N  
G

<1 hr duration  
Rehydrate  
every 20-30mins

>1 hr duration /  
high intensity  
Refuel & Replenish  
Refuel carbohydrates  
Replenish electrolytes

A  
F  
T  
E  
R

Within 30mins  
Full Meal  
If not possible then a  
snack containing protein  
& carbohydrates

Rest of the day  
Refuel  
Eat well and healthily

# Snack time

## Post Training Snack Examples:

- Fruit Yogurt + Cereal Bar (\$2.00 - \$2.50)
- Sandwich + Soya Milk/Chocolate Milk (\$4.00 - \$5.50)
- Crackers/Plain Biscuit + Tuna Flakes (\$3.00 - \$3.50)
- Sweet Potato + Hard Boiled Eggs (\$1.00 - \$2.00)
- Bread Roll + Milk (\$2.50 - \$3.50)





# Competition Prep

- ① Increase carbohydrate intake
  - Increases endurance capacity
  - Carbohydrate ingestion prevents performance decrease
- ① Adequate protein intake
  - Sustain energy
  - Optimize recovery
- ① Watch the fats
  - Rehydrate with water/electrolytes
  - Refuel with nuts/trail mixes
- ① Rehydrate & refuel during breaks
  - Rehydrate with water/electrolytes
  - Refuel with nuts/trail mixes






# Carbohydrates

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Increasing carbohydrate intake in athletes:

- Start the day with breakfast
- Low fat , high fiber options - beans, berries
- Fill 1/2 the plate with carbohydrates - rice, pasta
- Fruits and Nuts as snacks - Almonds, Apple
- Low fat desserts - Yoghurt
- Dont skip the beans - hot/cold dessert, sides
- Go for complex carbohydrates



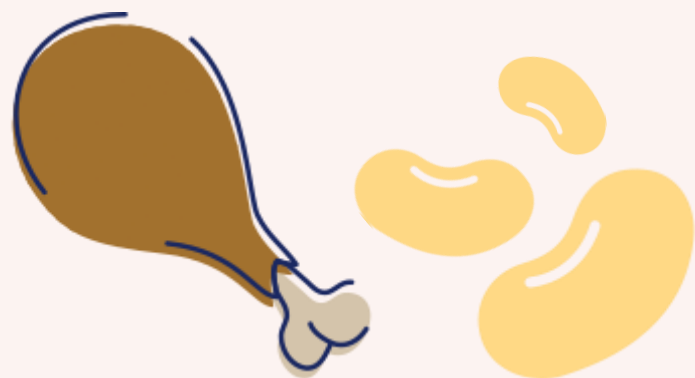
INSUFFICIENT  
CARBOHYDRATE  
INTAKE =  
reduced work rate,  
increased perception of  
effort, reduced  
concentration



# Protein

Importance of protein consumption in athletes:

- Muscle repair
- Prevent performance decline
- Support growth and development
- Energy for muscle cells
- Sustain energy over longer period
- Optimise muscle recovery



HOW MUCH YOU  
NEED =  
1.2 - 2.0G/KG BODY  
WEIGHT


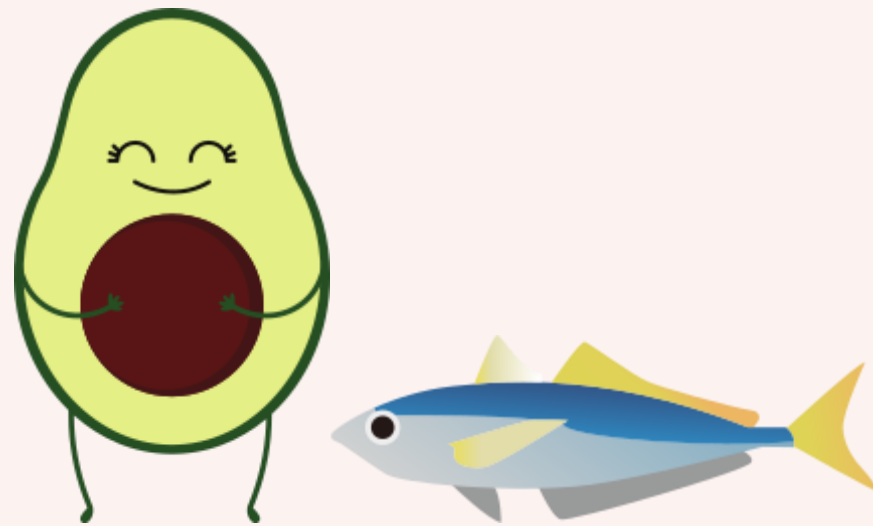


# fats

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Watch the fats intake:

- Ensure adequate fat intake
- Minimise intake pre-event & when carbo loading
- Not recommended immediately before - Go for low fat
- Avoid high fat options during exercise
- Fat recovery is not critical



RECOMMENDED FAT  
INTAKE =  
20-30% KCAL FROM  
DIET

# Refuel & Re-hydrate

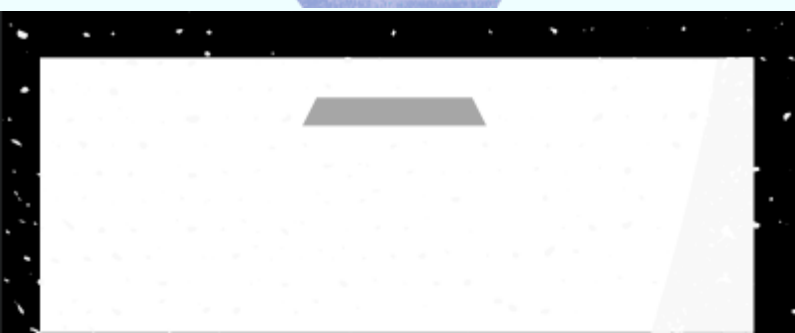
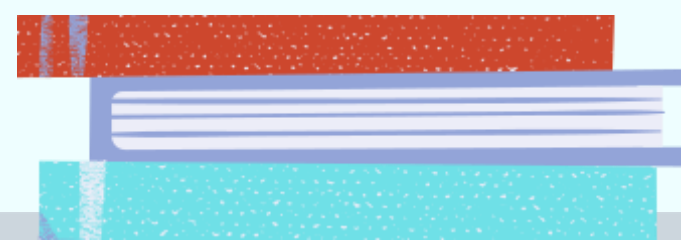
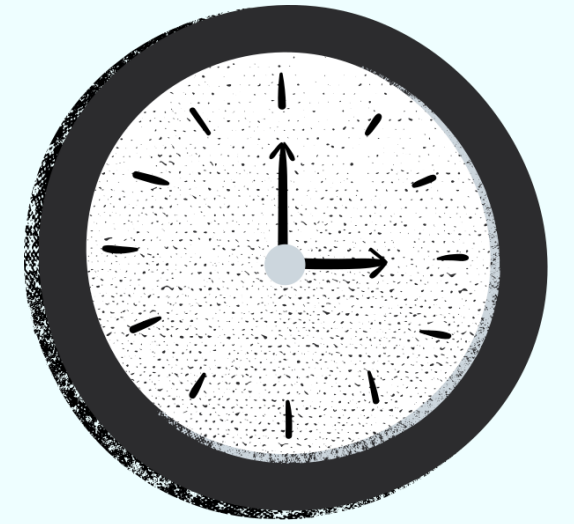
Refuel & rehydrate during breaks:

- Hydration is key
- Refuel with low fat snacks
- Boosts performance

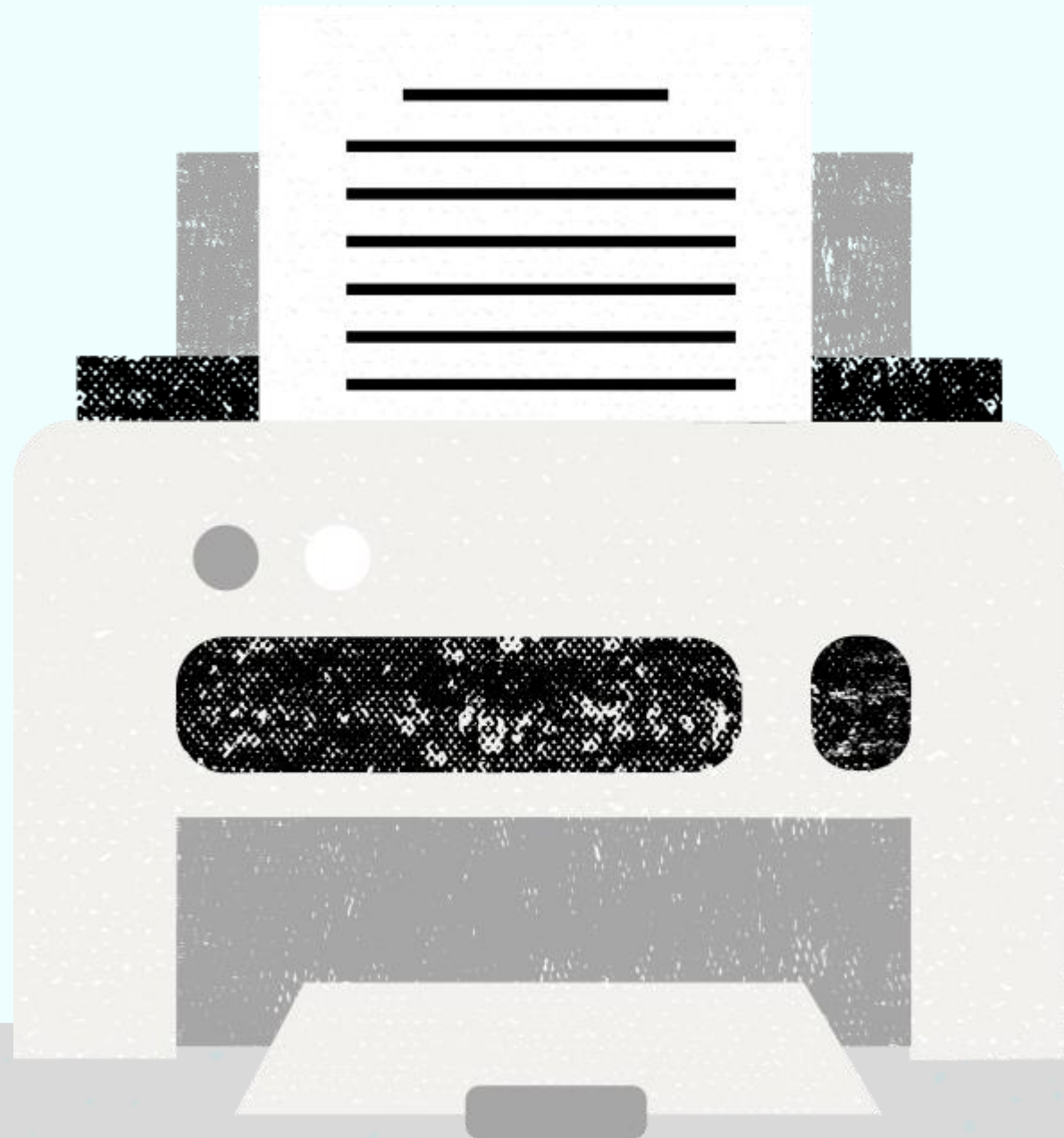
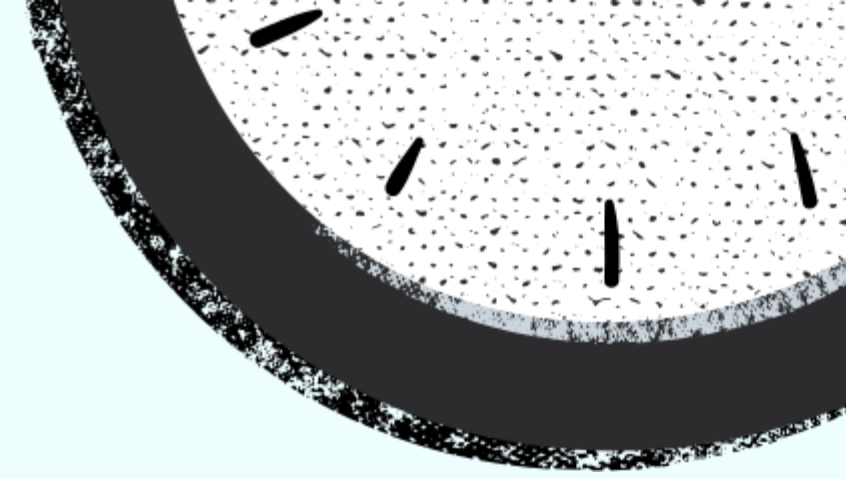
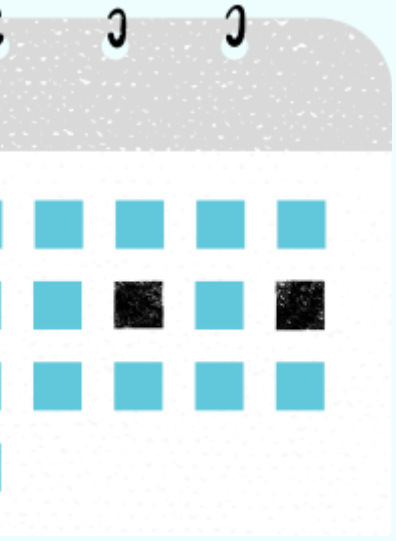


*Kahoot time*

ID HERE







thank you!