

Finish Strong TIP #1

Make it to the finish line...

YOU have the power to finish your season and your semester as strong as you start. Watch for tips to help you succeed!



EAT WELL at MIT!

The majority of research on athletic and academic performance supports following these simple guidelines to achieve optimal performance.

- Eat at least three times a day—don't skip meals!
- Select whole grains whenever possible.
- Remove *trans* fats from your diet; read food labels.
- Select lean meats and low fat dairy products.
- Eat at least five servings of fruits and vegetables every day.
- Drink eight (8 oz.) glasses of water a day and more when practicing or competing.

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GOT QUESTIONS ABOUT NUTRITION OR IMPROVING YOUR PERFORMANCE AND HEALTH?

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