



PRESENTED BY



# Wellness Guide

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## Day Before Event Prep

### Sleep

The night before the event, do your best to ensure you get at least 8 hours of sleep. This will allow your body to recover from any pre-event training, and ensure you have optimal rest. The event begins at 8:00am, so take into consideration how much time you'll need on the morning of June 18<sup>th</sup> to wake up, hydrate, eat, get to the event, check in and warm up.

#### - *Tips:*

- Sleep in a cool room, in complete darkness.
- Remove electronics from the room including TV's and phones.
- Avoid large meals, caffeine, and alcohol at night.

### Hydrate

If you fail to adequately hydrate leading up to the event, your performance will suffer. To give you a rough outline, which doesn't account for age, weight or activity level, men should drink at least 3.7L of water per day and women should drink at least 2.7L of water per day.

#### - *Tips:*

- If you are going to exercise this day, or sweat, you may want to increase your water consumption to account for lost water through perspiration.
- If you are going to exercise this day, or sweat, you may also want to consider a hydration mix or sports drink which include electrolytes. BioSteel hydration mix is a great option.

## Day of Event Prep

### Hydrate

When you wake up, begin to hydrate immediately as you haven't had water for at least 8 hours throughout your sleep period. Your body is already dehydrated at this point, so replenishing liquids immediately is essential due to the 8:00am start time. Drinking some electrolytes may be advantageous.

#### - *Tips:*

- Be aware of the amount you drink as you want to be properly hydrated, but you don't want to worry about using a bathroom facility throughout the event which would impact your performance.
- Be mindful of the slight dehydrating effects of coffee if you typically drink this in the morning.

### Nourish

Be sure to eat a meal before the event to give your body the energy it requires to compete. Give yourself enough time to digest the food, which can be different for every individual and their metabolism. If you're not sure how long your body requires to digest your food, eat at least 2 hours before the event starts, at the latest. Be sure to include carbohydrates in this meal as that will be your body's go-to source for energy throughout the event.

- *Tips:*

- If you get hungry as you get closer to the event, have a carbohydrate snack. Avoid protein and fat as they'll take longer to digest.
- After the event, have a well-balanced meal within an hour of finishing.

### Warm-up

This should include stretching, activation exercises, and light to moderate running or biking. Stretches and activation exercises should focus on the lower extremities and core as they'll be the muscles primarily utilized throughout the event. Stretches and activation exercise needs can vary from person to person depending on each person's body and ailments. Once completed, perform light to moderate running or biking to increase your heartrate prior to the event beginning. This will help raise the internal temperature of your body before the event begins and the intensity of your exercises increases. Be sure to conserve energy throughout this period, you simply want to prep your body for the event.

- *Tips:*

- Static stretches may be beneficial to begin the warm-up process, but dynamic stretches are valuable as you look to increase your heart rate.
- You should begin to sweat lightly as you progress towards the end of your warm-up.

## **During Event**

### Hydrate

Throughout the run, hydrate periodically as needed. A sports drink or hydration mix including electrolytes is recommended.

## **Questions**

Contact Anytime Fitness Bright's Grove for any questions related to this document or event training/supplementation/prep/recovery.