

Nutrition for Fitness brochure/Flyer

You will design a brochure or flyer informing people of adjustments to their diets they can make to match the needs of the body for a fitness activity. Use at least 2 professional citations/scholarly journals required, not including your textbook (although you can use your textbook for information, be sure to cite it). Include your citations/references on your brochure/flyer. You may choose to design the brochure for fitness in general, for all athletes, or you may choose to focus on a specific sport and its athlete's nutritional needs.

Ideas to include in your brochure:

Recommendations for nutrition before, during, and after exercise, including specific amount (g/kg of BW)

Explanation of adjustments that may be needed to the diet due to increased physical activity

What specific nutrients do for the body, specifically relating to exercise, and what specific amounts need to be consumed (grams/kg of body weight) of these nutrients