

## Exercise Performance and Enhancement

### The Foundations of Health

- Hydration
- Variety & Moderation
- Sleep
- Hormone Health
- Eating all the food groups
- Digestion & Individualized Nutrition
- Movement
- Mental Health

### Water

Benefits	Sources	Dehydrating Foods	Considerations
Reduces muscle cramping, joint stiffness & injury	1/3 Veggies	Coffee & Tea	Begin the day with water
Optimizes recovery	Water	Alcohol	Replenish deficit after exercise
Increases energy		Salt & Sugar	Don't wait until thirsty

### Protein

Benefits	Sources	Considerations
Increased muscle tone & mass	Meat	Meat = complete protein
Increased energy	Eggs & Dairy	Amino acid balance
Supports regeneration & repair	Supplementation	Excess not stored
	Legumes + complex carbohydrate	Consume 20 minutes post exercise

### Carbohydrates

Benefits	Sources	Considerations
Primary fuel source	Veggies & Fruit	Avoid: refined & processed
Stimulate muscle growth	Whole grains	Too much – weight gain, diabetes, metabolic conditions
Increased energy	Dietary Fibre	Consume 20 mins post exercise



## Healthy Fats

Benefits	Sources	Considerations
Joint health	Omega 3, 6, 9	Limit omega 6 & saturated fat*
Hydration & Flexibility	Fish, dairy, eggs, meat	Avoid trans fat
Calorically rich	Nuts & Seeds	Don't cook high heat*
	Oils & Grass Fed Butter	Quality

## Treatments to Prevent Injury and Support Performance & Recovery

Injuries treated and prevented:

- IT band contracture
- Knee pain
- Shin Splints
- Ankle sprain
- Muscle tension & trigger points
- & more

Treatment options:

- Laser
- Cupping
- Acupuncture
- Individual Nutritional & Dietary Counselling
- Optimizing Fundamentals of Health

## Questions & Contact

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Online Booking: <https://massageconnection.janeapp.com/locations/massage-connection-courtice/book#/naturopathic-medicine>