

REF: Surfer Girl Adelaide Blog Articles

Blog 1: MAY 2011. Nutrition for surfers – just as important as finding the best swell is fueling your body pre and post surfing

Hi Adelaide **SurferGirls!** Once you've decided you're going to take up surfing as a way to keep fit, spend time with friends and enjoy the best nature has to offer or if you want to take your surfing to a whole new level the best place to start is nutrition. YES and we're not talking DIET – but enjoying satisfying healthy food that can fuel your body in and out of the water.

Quite literally you are what you eat. Over the years we have access to more information and expert knowledge on how to fuel our bodies with healthy and vital fresh food and goodies that are satisfying but also nutritious. My biggest advice is to take care of your body by ensuring you eat a healthy balanced diet of essential grains, slow release carbohydrates such as brown and basmati rice and loads of fresh fruit and vegetables. Choose whole rye over white breads for example and avoid processed, sugary foods that are pre packaged and not close to their natural source.

Being prepared is all part of the process. Don't leave your nutrition to chance. Pack healthy snacks such as nuts, natural muesli bars, protein bars and lots of water to keep hydrated. Best is to eat a carbohydrate rich snack 40mins to an hour before your surf and after enjoy a protein rich recovery meal such as a protein shake, some mixed nuts and sultanas with dried cranberries or if it's lunch or dinner add fish, chicken and lean red meat to your salads and vegetables. Protein fortifies your immune system and aids muscle recovery.

Natural peanut butter on rye is a great pre-surf snack

Berry Protein Shake

1 cup frozen mixed berries

1 -2 cups rice milk, soy or low fat milk

2-3 scoops natural protein powder (depending on your brand)

1 small banana

Place all in a blender and mix till smooth. Pour into a glass and enjoy!

TIP frozen berries are snap frozen at their freshest state, are a quarter of the price of fresh berries and add some volume to your smoothie! YUM

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