

**ALL
BODIES
SERVICES**

NUTRITION FOR FOOTBALL

PERFORMANCE NUTRITION

all bodies

ALL BODIES SERVICES

ALL BODIES CAN DO GREAT THINGS



HANNAH WILSON

- Accredited Sports Dietitian
- Level 1 ISAK Accredited
- Director All Bodies

- Sports nutrition, gut health, women's health

all bodies

ALL BODIES SERVICES

ALL BODIES CAN DO GREAT THINGS



Joel Ludwik

- **Accredited Practising Dietitian**
- **Sports nutrition, gut health, muscle building, weight loss women's health**

all bodies



WHAT IMPACTS FOOTBALL PERFORMANCE?

WHAT IMPACTS FOOTBALL PERFORMANCE?

- **ENERGY**
- **ENDURANCE**
- **SPEED**
- **CONCENTRATION**
- **COORDINATION**
- **POWER**
- **STRENGTH**
- **INJURIES**
- **IMMUNE FUNCTION**

**WHAT IMPACTS
FOOTBALL
PERFORMANCE?**

**WHICH OF THESE
ARE AFFECTED
BY NUTRITION?**

- **ENERGY**
- **ENDURANCE**
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- **CONCENTRATION**
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YOUNG ATHLETES VS ADULT ATHLETES?



YOUNG ATHLETES VS ADULT ATHLETES?

- **GROWTH**
- **DEVELOPMENT**
- **INJURY RISK**
- **HYDRATION**
- **KEY NUTRIENTS**

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- **GROWTH**
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- **KEY NUTRIENTS**



TONIGHT'S FOCUS

**FUEL YOUR BODY FOR
GROWTH & PERFORMANCE**



**FUEL YOUR BODY FOR GROWTH &
PERFORMANCE**

**1. FUEL YOUR TRAINING &
GAMES**

2. OPTIMISE RECOVERY

FUEL TRAINING & GAMES

ENERGY / CALORIES

- THINKING
- MOVEMENT
- TRAINING
- RECOVERING
- GROWING!



WHAT HAPPENS IF YOU DON'T CONSUME ENOUGH ENERGY?

**TIRED
INJURY
STUNTED GROWTH
CAN'T THINK**



NUTRITION 101



MACRONUTRIENTS = FUEL

MICRONUTRIENTS = ENGINE PARTS

NUTRITION 101



MACRONUTRIENTS = FUEL

- **Carbs**
- **Proteins**
- **Fats**
- **Alcohol**

MACRONUTRIENTS

CARBS

- **FAST BURNING**
- **EFFICIENT**



WHAT HAPPENS IF YOU DON'T EAT ENOUGH CARBS?

ENERGY LEVELS

BONKING

INJURY RISK

BONE HEALTH

BRAIN FUNCTION



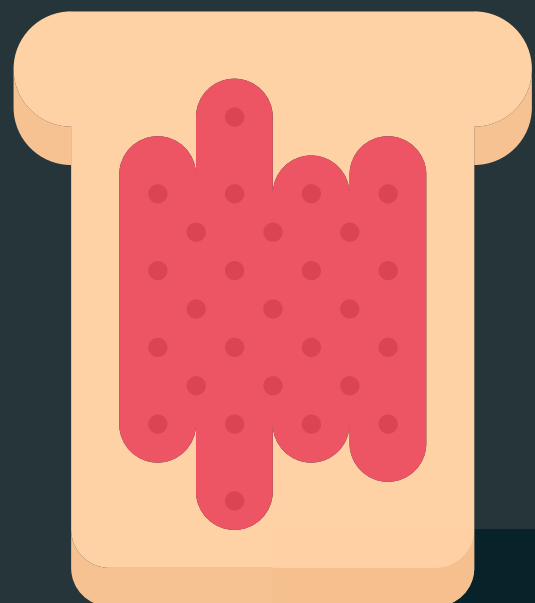
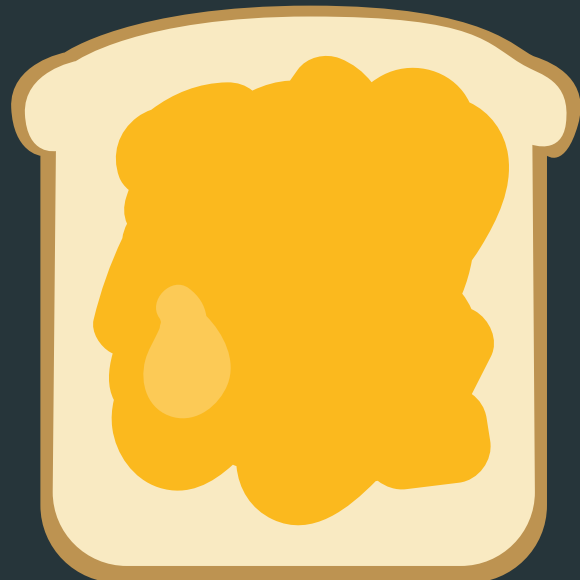
CARB FOODS



CARB FOODS DURING THE DAY



CARB FOODS PRE-TRAINING



MACRONUTRIENTS

PROTEIN

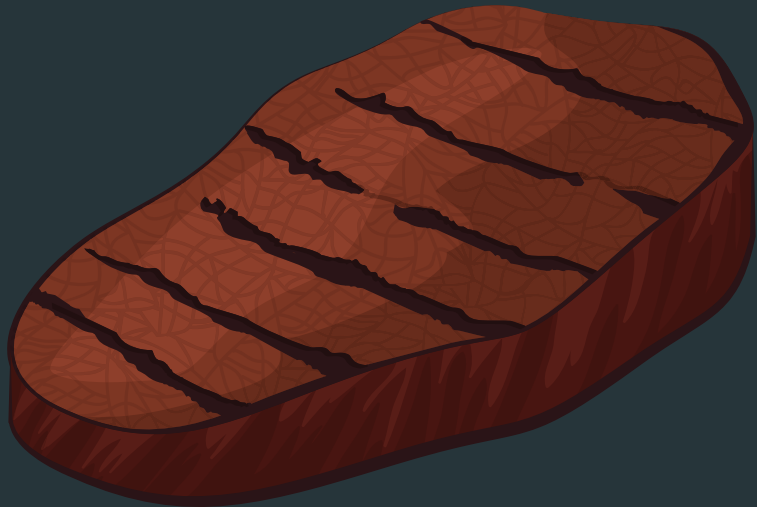
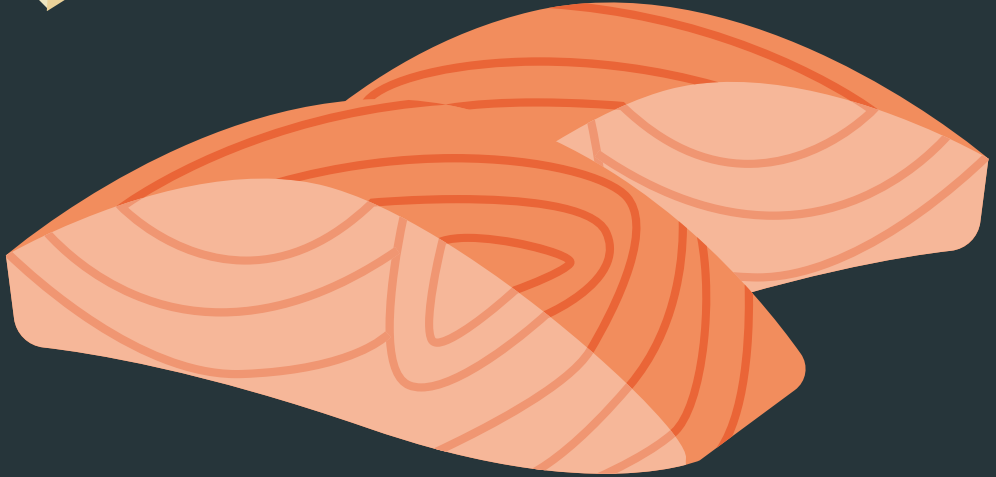
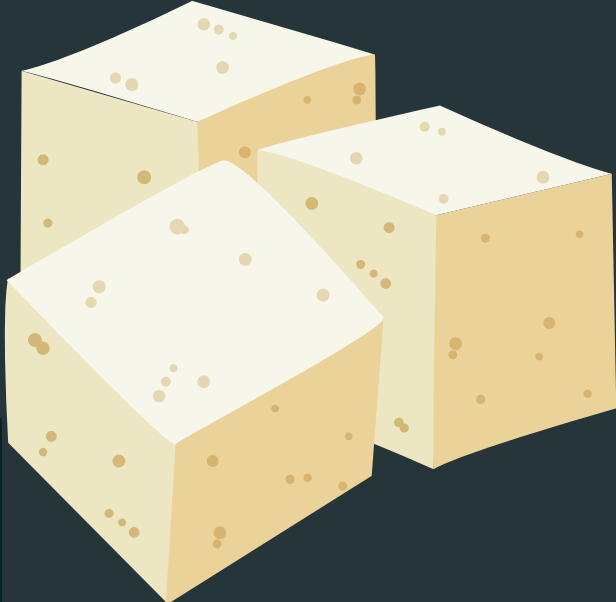
- RECOVERY
- ADAPTATIONS



PROTEIN FOODS



PROTEIN FOODS



**MICRONUTRIENTS
= ENGINE PARTS**

**OMEGA 3
ANTIOXIDANTS
CALCIUM**





OMEGA 3
RECOVERY
STRENGTH
MUSCLE MASS
BRAIN FUNCTION





ANTIOXIDANTS
(Vitamin A, C, E,
colour pigments)

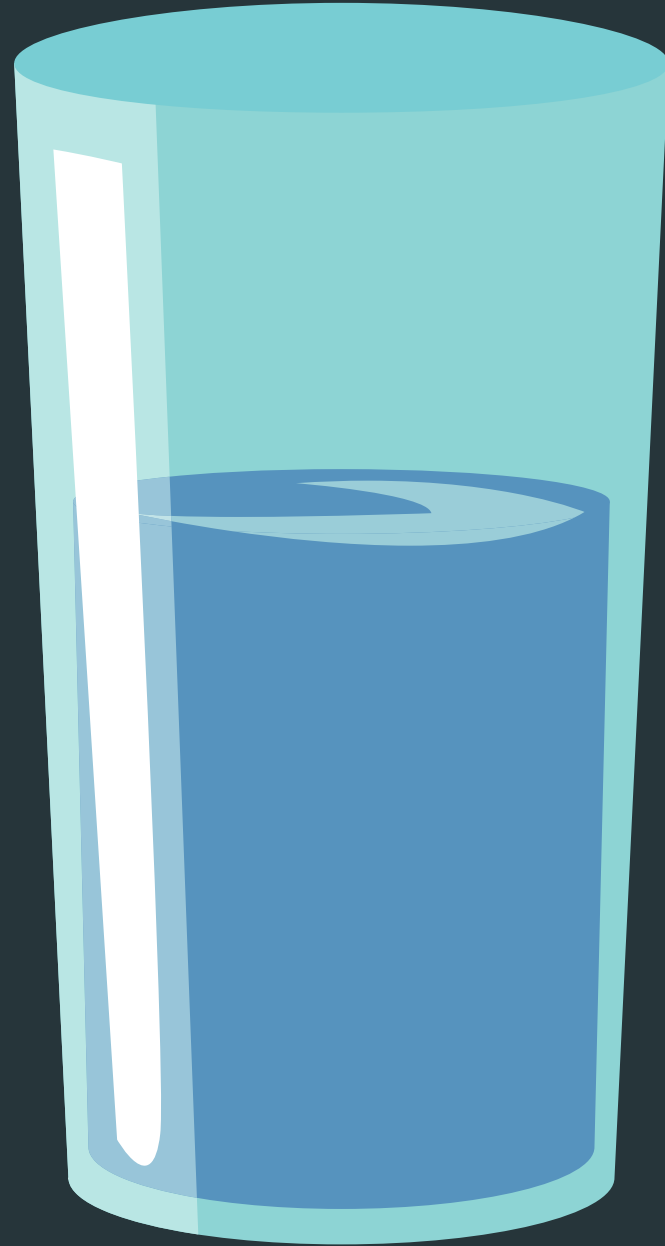


RECOVERY
ADAPTATIONS
BRAIN HEALTH
LITERALLY EVERYTHING





CALCIUM
BONE HEALTH
MUSCLE CONTRACTION
**(plant milks: 300mg per
serve)**



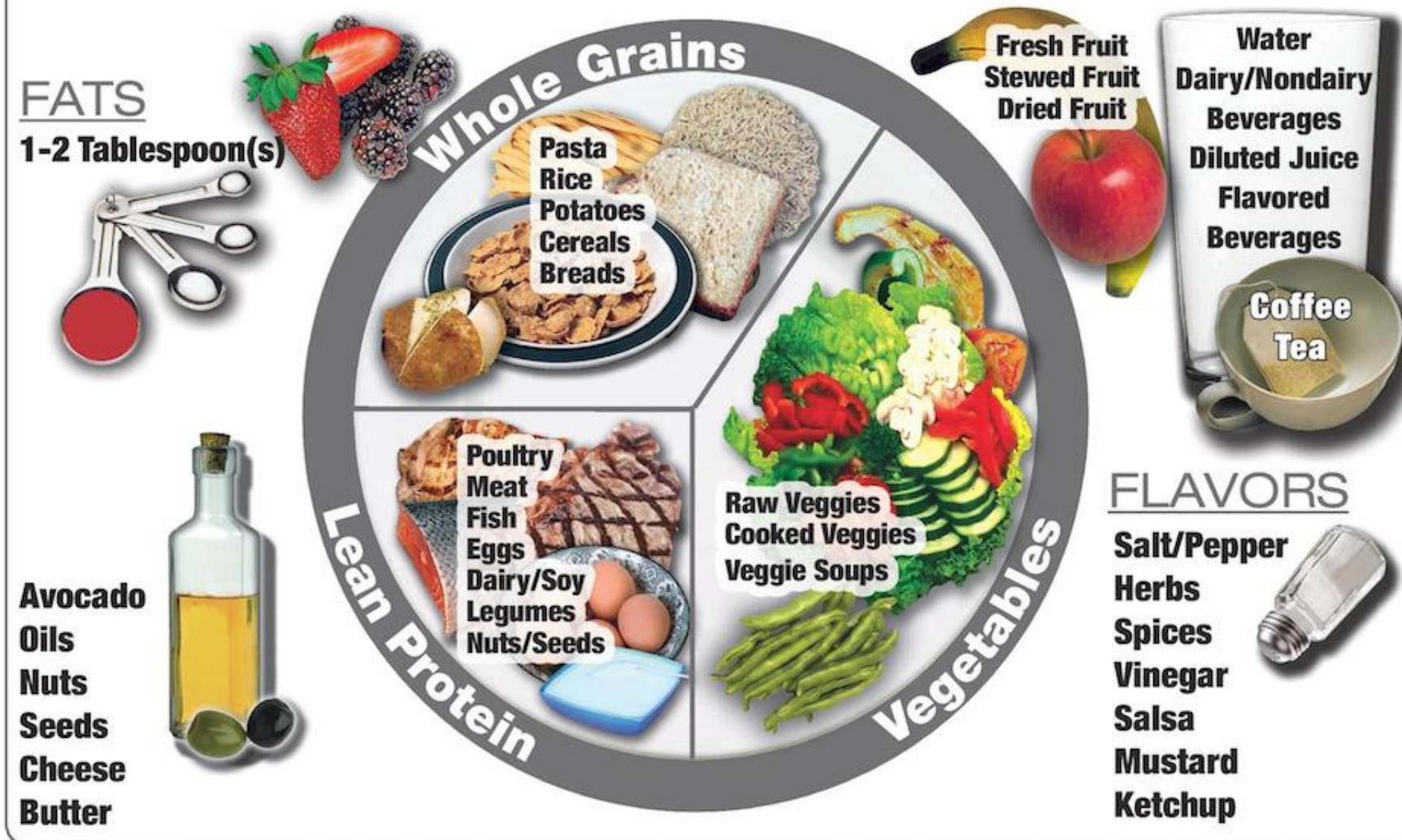
HYDRATION MATTERS

**Young athletes have a
larger surface area
than adults**

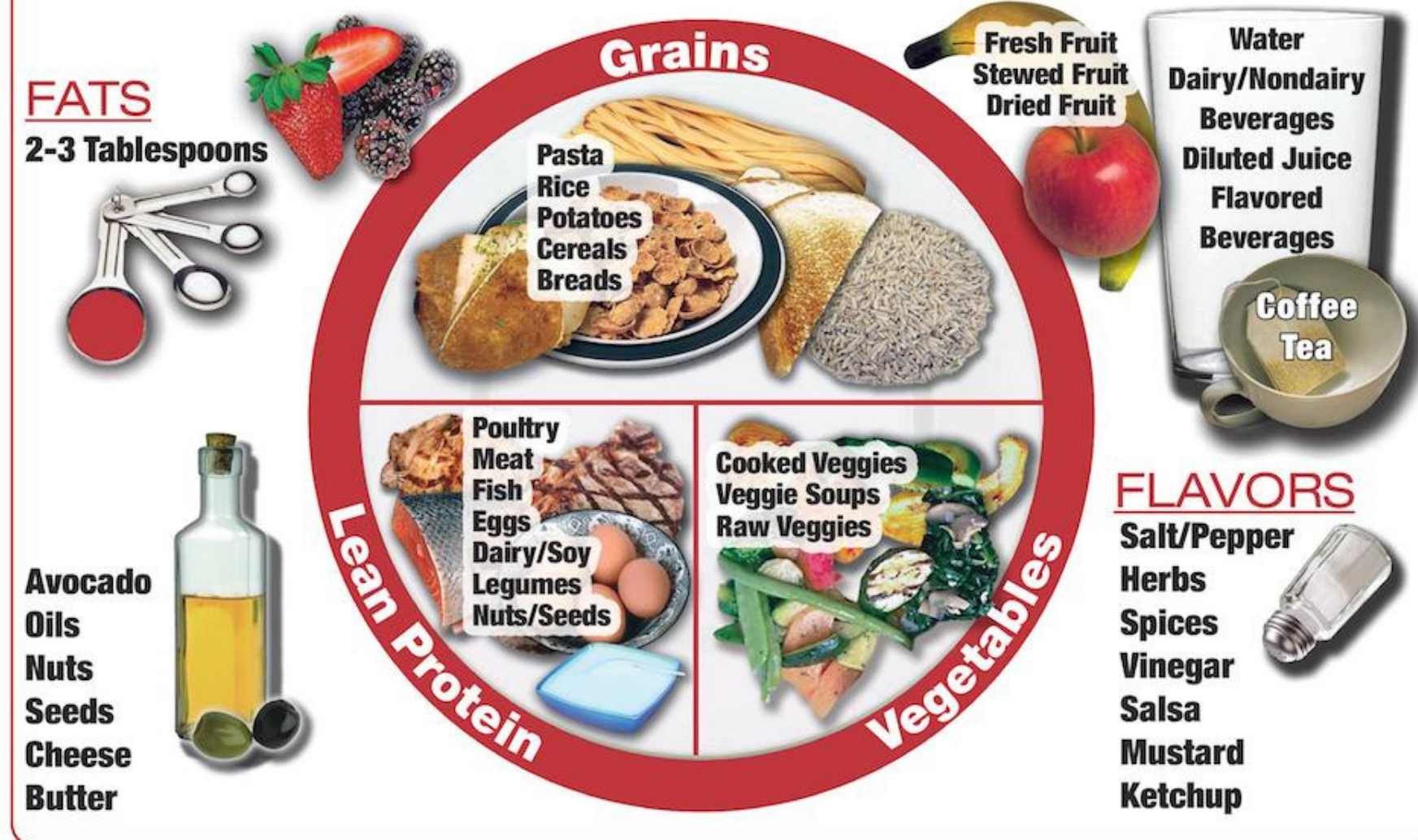
You dehydrate faster!

HOW TO WE TICK ALL THE BOXES DAY TO DAY?

MODERATE TRAINING:



HARD TRAINING:



ANY QUESTIONS?

ALL BODIES SERVICES

HANNAH WILSON

JOEL LUDWIK

ALL BODIES SPECIAL DEAL

CAPALABA BULLDOGS

EXCLUSIVE...