



## **SPORTS NUTRITION**

### ***Fuel the Bruins Campaign***

*Help provide our UCLA student-athletes the fuel they need to perform at their very best! It is vital that our student-athletes are given the best nutrition products to excel in the field of play and in the classroom!*

#### **Role of Nutrition:**

UCLA student-athletes must have easy and open access to planned meals and recovery snacks throughout the day to replace nutrients, fluids, electrolytes and energy utilized during activity in order to replenish energy, facilitate recovery, repair muscle damage, mediate inflammation and stimulate immune function. Student-athletes in all phases of training require feedings of nutrient-rich whole foods in frequent intervals and, as necessary, safe dietary supplements to replace expended nutrients and electrolytes, enhance immune function and achieve optimal body composition. Smaller but more frequent feedings of nutritious whole foods throughout the day improve mental as well as physical performance, thereby contributing to academic and athletic performance.

#### **Nutrition Budget is Essential to:**

- Expand our fueling station to enable high quality nutrition snacks for the fueling station (to properly fuel and hydrate before and after workouts)
- Provide food demos at team talks
- Offer cooking classes to places near campus or on-campus
- Allow partnerships with other food vendors
- Provide all teams the fuel they require to fuel their bodies for sport
- Purchase Refractometer for accurate hydration testing to improve performance and prevent injury
- Purchase IDexa to access body composition and bone density

**Help to Fuel the Bruins!**

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