

# Fueling Your Peak Performance: A Guide to Energy and Recovery

## What is Functional Sports Performance?

Functional sports performance is about more than just "not being sick" or fixing an injury. It is about looking at your body's internal "engine" to make sure you have the energy, stamina, and recovery power you need. Whether you are training for your first 5K, a Spartan race, or just want to stay active as you age, this approach helps you move from "fine" to "flourishing."

## Why This Matters For You

- **Stop "Hitting the Wall":** By checking your metabolic "fuel line," we can find out why you get tired and help you maintain steady energy.
- **Recover Faster:** When you give your body the right nutrients at the right time, you spend less time feeling sore and more time feeling strong.
- **Stay in the Game:** By spotting early signs of overtraining, we can prevent burnout and injuries before they happen, keeping you active for years to come.

## What You Can Do Today

1. **Respect the "Stress Signal":** After a workout, your body creates a little bit of healthy stress to help your muscles grow stronger. Avoid taking high-dose Vitamin C or E supplements within 4 hours of exercise. Let your body's natural "repair crew" do its job first!
2. **Fuel for Your Output:** Think of your body like a high-performance car. You can't win a race with an empty tank. Ensure you are eating enough protein and healthy carbs to match your activity level. If you feel irritable or tired all the time, you may need more "fuel."
3. **Master Your Sleep:** Sleep is your #1 recovery tool. Aim for at least 7–8 hours. To sleep deeper, keep your room cool and avoid bright phone or TV screens for an hour before bed. This helps your body produce the natural hormones it needs to repair tissue overnight.
4. **Magnesium for Muscles:** Consider using Magnesium in the evening. It helps your muscles relax and supports over 300 different jobs your body does to keep you moving.

## Questions to Discuss with Your Practitioner

- Based on my current training, am I eating enough to support my energy needs?
  - Do my lab tests show any "bottlenecks" in how my body creates energy?
  - Are my hormone levels supporting my recovery, or is my stress level too high?
  - What is the best "nutrient timing" schedule for my specific workout routine?
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