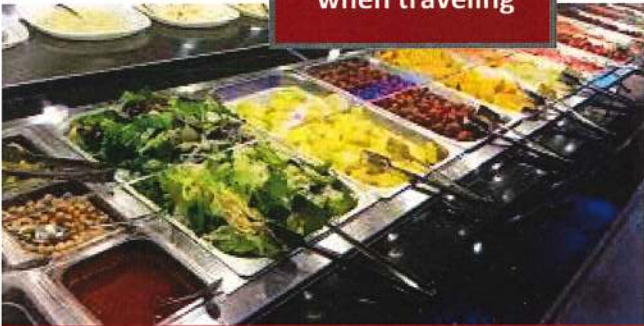




The Traveling Athlete

Traveling can present exciting and rewarding experiences that allow young athletes to learn, grow, and compete. However, travel can also take a toll on young athletes by disrupting their health and performance if they do not have strategies to cope with the changes. Faced with atypical daily routines, high physical demands, and unfamiliar environments young athletes benefit from strategies to stay healthy and maximize their performance while away from home.

**Tips to keep you
competing at
your best even
when traveling**



MAKING THE MOST OF THE BUFFET

Have one meal with same serving sizes you would have at home

Avoid overeating by looking at all available options before filling your plate

Limit high fat items such as foods that are fried, crispy, creamy, or buttery

Pick healthier choices that are baked, broiled, steamed, or poached

Choose quality carbohydrates with whole grains

Include lean protein such as chicken, beef, fish, beans or tofu, and add steamed or raw veggies

HYDATE, HYDRATE, HYDRATE

- Drink 1 glass of water per hour of travel
 - Do not limit fluid intake to avoid the bathroom!
- Avoid caffeine and high sugar drinks which can increase dehydration
- Bring your own water bottle and ask for more once you're done!
 - Wait to fill your bottle until after security while flying

PACK SNACKS

- Carry foods that are high in carbohydrates and protein
- Ideas: energy bars, trail mix, chocolate milk, crackers, granola bars, dried cereals, nut butter, instant oatmeal, applesauce, dried fruit and beef jerky

KEEP YOUR ROUTINE

- Stick to your typical training and game day eating schedule
- Eat familiar foods and don't experiment while on the road

AVOID GERMS

- Traveling athletes are more likely to get sick on the road
- Unfamiliar settings can introduce you to new germs and allergens
- Physical stresses of traveling and competing can weaken your immune system and increase the chances of getting sick
- Washing your hands prior to meals and after using the bathroom is essential

KEEP MOVING!

- Get up and walk at least every hour
- This helps reduce muscle and joint stiffness

Snack Suggestions

Carbohydrate Sources

- Pre-cooked or instant rice, noodles, couscous, quinoa, or pre-cooked lentils
- Instant oatmeal, cream of wheat
- Granola, muesli (higher fiber options)
- Granola bars, sports bars, fig bars
- Snack crackers (graham, rice cakes, wheat)
- Fruit snacks (dried, dehydrated, leathers)
- Instant breakfast or meal replacement powder
- Dried veggies (peas, beans)
- Pureed fruit and veggie packets
- Powdered sports drink, gels, gummies

Protein Sources

- Tuna, salmon, chicken packets
- Mountain meals
- Jerky (turkey, beef, bison, lamb, salmon)
- Edamame, chickpea packets
- Peanut or almond butter
- Nuts and seeds
- Recovery drink mix
- Protein powder (whey, soy) – NSF certified
- Protein bars



Locations

Emeryville

6121 Hollis St, Ste 2
Emeryville, CA 94608

Los Gatos

555 Knowles Dr
Los Gatos, CA 95032

Lucile Packard Children's Hospital Stanford

725 Welch Rd
Palo Alto, CA 943048

Palo Alto

730 Welch Rd
2nd floor
Palo Alto, CA 943048

Pleasanton

5000 Pleasanton Ave, Ste 200
Pleasanton, CA 94566

San Francisco – Sutter Health CPMC

3801 Sacramento St
2nd Floor, Ste 216
San Francisco, CA 94118

Sunnyvale – Motion & Sports Performance Lab

1195 West Fremont Ave
2nd Floor
Sunnyvale, CA 94087

Walnut Creek –

John Muir Medical Center
106 La Casa Via, Ste 240
Walnut Creek, CA 94598

Contact Us

Call (844) 41-ORTHO for appointments and more information, or visit us online at ortho.stanfordchildrens.org.