

NUTRITION

CREATE AN OPTIMAL ENVIRONMENT FOR SUCCESS

Smart dietary choices can improve your performance

CARBOHYDRATES

4 calories/gram

- Provide your body's MAIN source of energy
- Good sources:
 - Whole grains (breads, rice, pasta, cereal)
 - Whole fruits and vegetables
 - Beans and legumes

PROTEINS

4 calories/gram

- Contribute to cell structure, regulate body processes and supply energy
- Good sources:
 - Fish and poultry
 - Lean cuts of red meat
 - Dairy (eggs, cheese, milk)

FATS

9 calories/gram

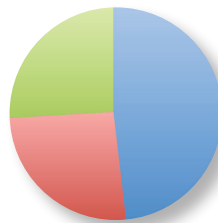
- Contribute to cell structure and supply energy
- Good sources:
 - Fatty fish (salmon, tuna)
 - Vegetable and canola oils
 - Avocado and nuts

Nutritional tips to bring out YOUR best competitor

Pre-exercise: meals should be consumed 2-4 hours prior to exercise and rich in complex carbohydrates. Never exercise on an empty stomach.

During exercise: consuming simple sugars from sports drinks, gels and energy bars is encouraged in small, equivalent intervals.

Post-exercise: meals should be consumed as soon as 15 minutes and consist anywhere from 200-400 calories.



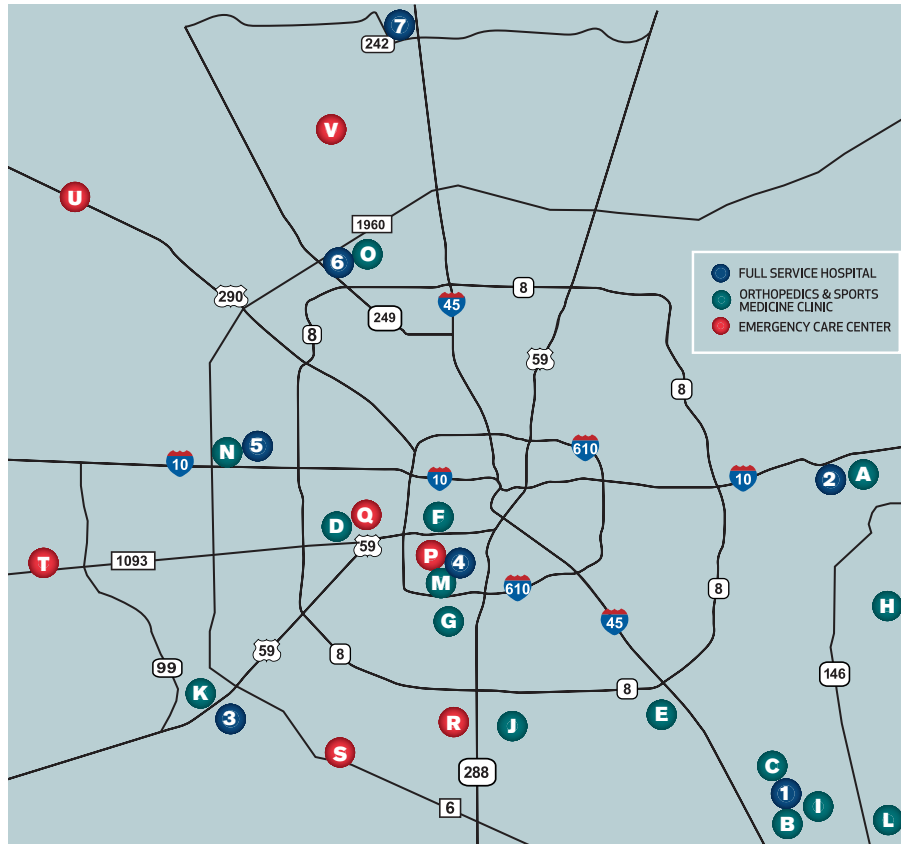
How your meal should look:

- Carbohydrates (45-65%)
- Protein (10-35%)
- Fat (20-35%)

HOUSTON
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ORTHOPEDICS &
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HOUSTON METHODIST ORTHOPEDICS AND SPORTS MEDICINE



HOSPITALS AND FACILITIES

Houston Methodist's orthopedic services extend into the community to meet the needs of our neighbors. With locations throughout Greater Houston, Houston Methodist offers leading-edge treatment close to home.

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281.420.8600
- 3 Sugar Land**
16655 Southwest Frwy.
Sugar Land, TX 77479
281.274.7000
- 4 Texas Medical Center**
6565 Fannin St.
Houston, TX 77030
713.790.3311
- 5 West Houston**
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Houston, TX 77094
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- 6 Willowbrook**
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281.737.1000
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Opening in 2017

ORTHOPEDICS & SPORTS MEDICINE CLINICS

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Friendswood, TX 77546
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- F Greenway Plaza — Timmons**
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Houston, TX 77051
713.441.3000
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Suite H
La Porte, TX 77571
281.867.1852
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2500 Marina Bay Drive,
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League City, TX 77573
281.523.3400
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Pearland, TX 77584
281.977.7445
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1201 Brooks St.
Sugar Land, TX 77478
281.690.4678
1327 Lake Pointe Pkwy.,
Suite 425
Sugar Land, TX 77478
281.690.4678
- L Texas City**
1310 34th St., Suite D
Texas City, TX 77590
409.948.1217
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- M Texas Medical Center**
6560 Fannin St.,
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Houston, TX 77030
713.441.9000
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- Q Houston Methodist Voss Emergency Care Center**
1635 South Voss Road
Houston, TX 77057
713.441.3724
- R Houston Methodist Pearland Emergency Care Center**
11525 Broadway St.
Pearland, TX 77584
713.441.3724
- S Houston Methodist Sienna Plantation Emergency Care Center**
8200 Hwy. 6
Missouri City, TX 77459
713.441.3724
- T Houston Methodist Cinco Ranch Emergency Care Center**
26000 FM 1093 at Cinco Rose
Katy, TX 77494
713.441.3724
- U Houston Methodist Cypress Emergency Care Center**
Opening in Fall 2015
- V Houston Methodist Spring Emergency Care Center**
Opening in 2016

For more information, visit houstonmethodist.org/orthopedics