

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

1. Hydrate, Hydrate, Hydrate

- Drink 1 glass of water per hour of travel
 - Do not limit fluid intake to avoid the bathroom!
- Avoid caffeine and sugary 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

2. 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

3. Keep Your Routine

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

4. 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

5. Keep Moving

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

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

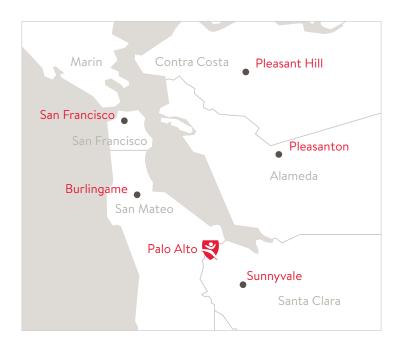
Snack Suggestions

Carbohydrate Sources

Ш	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
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Locations

Burlingame

1720 El Camino Real Suite 122 Burlingame, CA 94010

Palo Alto

730 Welch Road Palo Alto, CA 94304

Pleasant Hill*

3480 Buskirk Avenue Suite 125 Pleasant Hill, CA 94523

Pleasanton

5000 Pleasanton Avenue Suite 200 Pleasanton, CA 94566

San Francisco

1100 Van Ness Avenue 7th Floor San Francisco, CA 94109

Sunnyvale

1195 West Fremont Avenue 2nd Floor Sunnyvale, CA 94087

Contact Us

Call (844) 41-ORTHO (67846) for appointments and more information, or visit us online at ortho.stanfordchildrens.org.

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