



PROTEIN AND THE ATHLETE

(This card is used to facilitate instruction, questions to ask – answers ETC... If the back is required – that's OK – but try to limit to one card for reference)

1. T/F Eating protein alone will make me toned.

False – overall diet and exercise are important not just protein alone. Protein needs change based on type of activity.

2. How soon should I eat after exercise for optimal recovery?

Immediately or within 45 minutes.

3. Are protein supplements needed to consume adequate protein?

No. Needs can be met by diet alone. Supplements are great for convenience.