

‘NUTRITIONAL TIPS’

ATHLETES BUILD MUSCLE, NOT BULK

For the athlete, the desire to be bigger needs to be tempered with leaner and meaner, not just bigger. Big tight bulky muscles are generally slow. Most athleticism requires speed more than brute power. We must remember that!

Getting bigger for the athlete means adding on pounds, but the healthy way to add pounds is by building muscle. Muscle development takes time and a good training program.

To get the extra energy needed to support exercise and muscle building:

- Eat frequent mini-meals;
- Increase portions at mealtime;
- Snack between meals;
- Get most of your extra energy from nutrient-dense, high-carb foods;
- And for extra meals or snacks, try high-carb liquid meal supplements for convenience.

If you are doing regular workouts, making more reps is almost always more productive than moving more mass less times! Keep your ability based on agility! Golf is more about ‘Speed than Power’. The ‘Driver’ weighs about 12 ounces and the ‘Ball’ about 1.6! Real work load! ‘Clubhead Speed’ and not brute power produces ‘Distance’. Technique reigns over brawn.

Keep it stupid simple!

**“Welcome Aboard!”
“Enjoy The Ride!”**

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