



HEALTHY ROAD TRIP SNACK & FOOD OPTIONS ON THE BUS



There have been numerous parents and players alike that have asked for some guidance about what they should eat on the bus that would help the boys stay healthy and conscious about what they eat on a very long trip - but also in the build-up to quite a big sport tour. Here are some recommendations from a performance perspective. Please take note that we really urge parents to give their boys some **multivitamins / immune boosters** ahead of the tour and for the tour. If they are susceptible to cramps or similar, please make sure that they have the necessary medication to their availability.

Easy fruits & Nuts - Grapes / Pre-sliced apple / bananas / trail-mix / cashews / almonds

Humus & Veggies - carrots / cucumber

Popcorn

Simple ready-made smoothies

WATER - WATER - WATER

Electrolyte Iso Drinks - Energade / Powerade / Iso-rade

Milk Beverages - Steri Stumpie / First Choice High Protein Milk

Provita & Cracker-bread

Ready-made sandwiches

Biltong

Something sweet or salty that they enjoy - small packets of chips / a chocolate / cookies to share is not wrong, we just urge some restraint on the high sugary stuff - not overly excessive on chocolates and bags of sweets.

Food that he would normally eat - even if it is a burger. The problem comes in when they have no food with them, this is when they usually overload on the sweets at the first stop.

Health is our first concern - so for that reason we are only very strict on 1 thing:

ABSOLUTELY NO ENERGY DRINKS, PLEASE - There are so many products on the market, that unfortunately there are more very bad ones than slightly good ones. Rather avoid.

Furthermore, please urge your boys to get off the bus when we stop and they are allowed to disembark for a few minutes. To move every couple of hours will be key in preventing sore bodies.

If there are any questions, please feel free to ask any of the Strength & Conditioning coaches travelling with the school.

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