

# 03 The Power of Food

## Summary Resource



### Let's Recap

In Module 3, we covered 'The Power of Food'

In particular, how smart food choices can positively impact your current and future self, and help you achieve your full potential!

This guide offers a quick recap on the key points covered. You can come back to it at any point throughout the course, or why not download and save it alongside your notes?

It's then yours to keep forever!

### The Power of Nutrition for 'CHAMPIONS'

'Champions' use food as a tool to take best care of their body and fuel their very best performances - whether that be performing in front of tens of thousands of people on the world stage, or they simply want to use the power of food to get the most out of their day-to-day life, activities and experiences.



## The Power of Nutrition for YOU!

- Making 'smart' food choices can help you unlock your very own 'Inner Champion'.
- Healthy and nutritious food provides the energy you need to not only survive, but also to really thrive! 'Smart' food choices provide your body with key nutrients, which nourish your body and help keep you healthy.



For you to consistently perform at your very best, it's beneficial to include the following food groups in your diet (this is what our 'Champions' do, and you can do too!)

### Carbohydrates

Provide the brain, and the rest of your body, with energy. Also supports the immune system and provides fuel for exercise.



### Fats

Essential for the growth and repair of tissues in the body. Also plays a key role in the immune system and hormone production.



### Protein

Provides the body with energy at rest and during low-intensity activity. Essential for hormone production, protection of joints and organs, as well keeping the body warm.



### Water

Often 'the forgotten nutrient!' Water is essential for brain function, supporting the immune system, and digestion. It's also crucial for optimising exercise performance.



### Vitamin & Minerals



These are the nutrients we need in smaller amounts, but they still play a vital role in keeping us healthy and helping us thrive.

# Gain 'The Edge' with Food

## The **health** advantages of eating well

- Improves your concentration & memory
- Helps maintain good energy levels
- Increases your productivity
- Improves your immune system
- Protects against injury
- Protects against illness
- Improves your gut health (digestion)

- Handle stress better
- Beautiful skin
- Healthy eyes and teeth
- Better rest and sleep
- Better self-confidence
- Weight management
- Better mood (increases feelings of happiness)
- Reduces anxiety
- Optimises growth and development

## The **performance** advantages of eating well



- ↑ Better mental alertness
- ↑ Faster reaction time
- ↑ Better decision making
- ↑ Improves your speed, strength and power
- ↑ Improves your endurance (stronger heart)
- ↑ Stronger muscles and bones
- ↑ Faster recovery

## Diet

What do you think of when you hear the term 'diet'?  
Here's what our 'Champions' think...



### Remember:

'Diet' is a term used to describe the foods you eat **consistently** over time. In other words, it relates to your **long-term food choices and habits**. It's something that 'Champions' view **positively**, and we encourage you to do so as well!

# Time to take action!

## 1 Reflect on your current habits!

Use what you've learnt from this video to think about how food can benefit you and your own health and performance.

Write down the key areas that you would like to work on by harnessing the power of food!

## 2 Have a think and write down your answers.

We would like you to think about your current nutrition habits and create three lists to summarise which of your current habits...

- What are beneficial to you?
- Which of your current food habits you would like to improve?
- Which new nutrition habits that you would like to work on?

## 3 Think about...

A time when you've found yourself lacking in energy or struggling to concentrate...

Can you remember which foods you ate that day?

Next, write down which changes you could make with your food next time around to improve this.

## 4 Finally, let's sum up everything!

Take your time and try to answer following questions:

- What 'diet' means to you?
- How improving your eating habits can benefit you?
- Which new foods you would like to experiment with?

