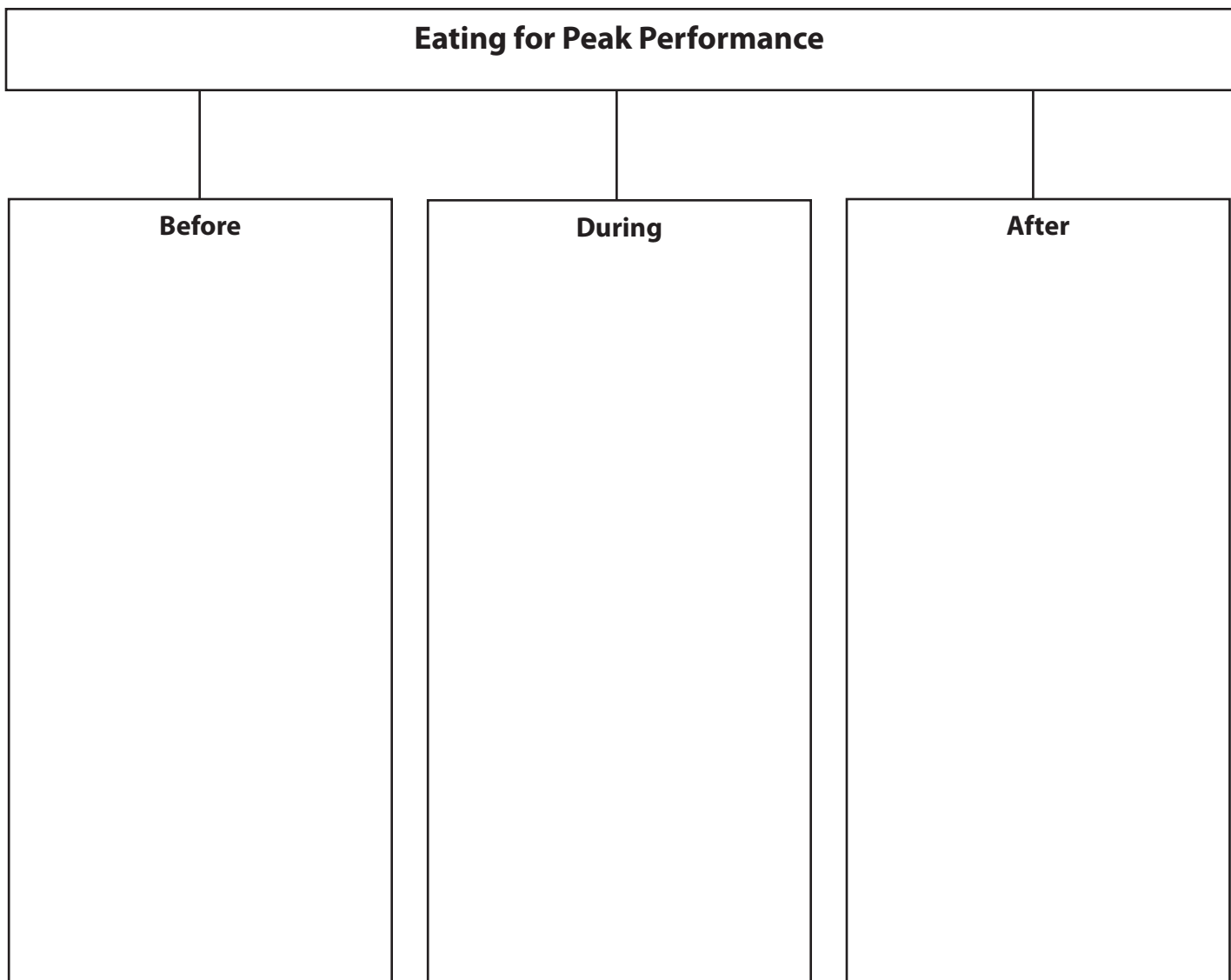


Name: _____ Date: _____

Chapter 11 - Fuel Up for Sports

Directions As you read, write the main messages about eating for peak performance, supported by strategies for before, during, and after strenuous activity.



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