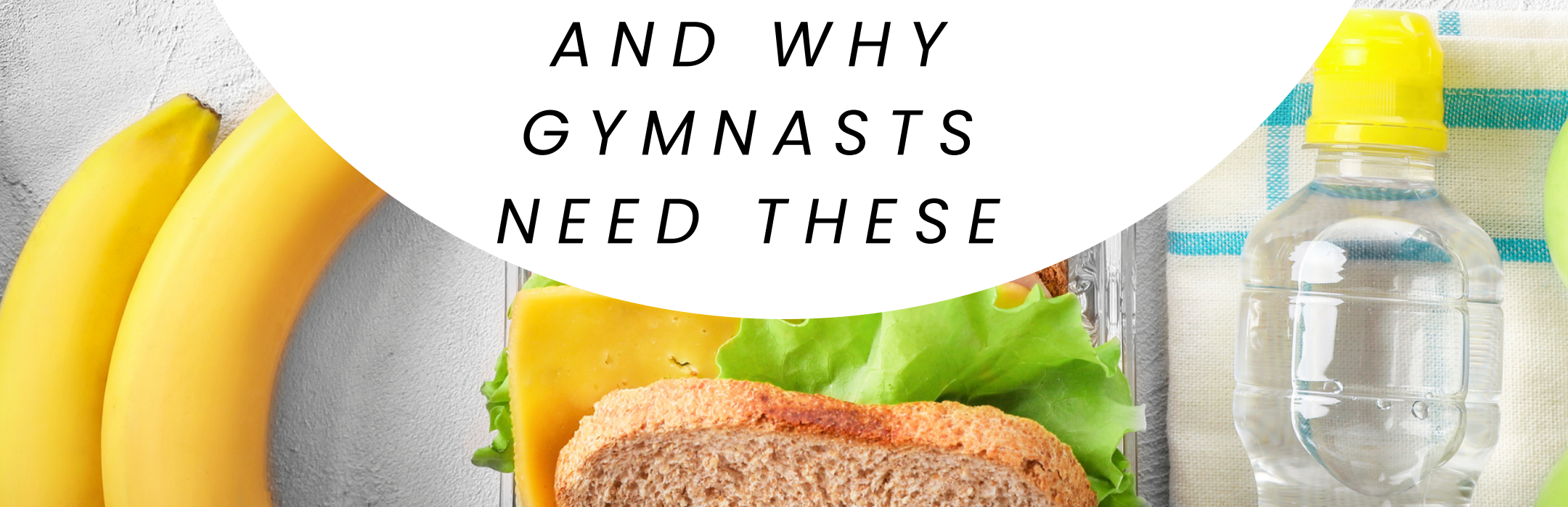


PHASE ONE: 5

BACK TO
**SCHOOL
SNACKS**

*AND WHY
GYMNASTS
NEED THESE*





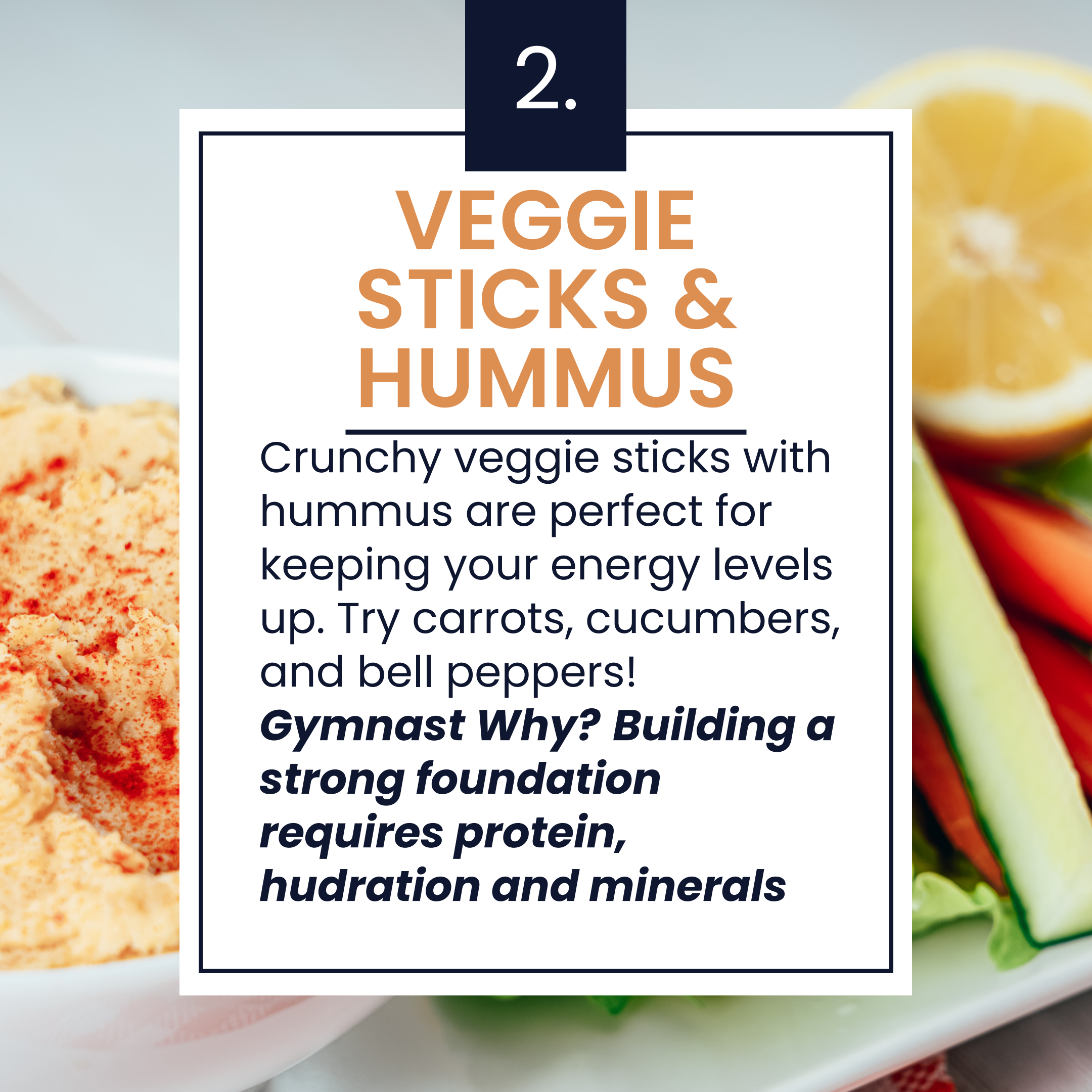
1.

NUT BUTTER & FRUIT

Pair a favorite nut butter or alternative with fresh fruits like apples or bananas for a quick and satisfying snack!

GYMNAST WHY?

**Gymnasts need both
satiety and energy
during long days!**

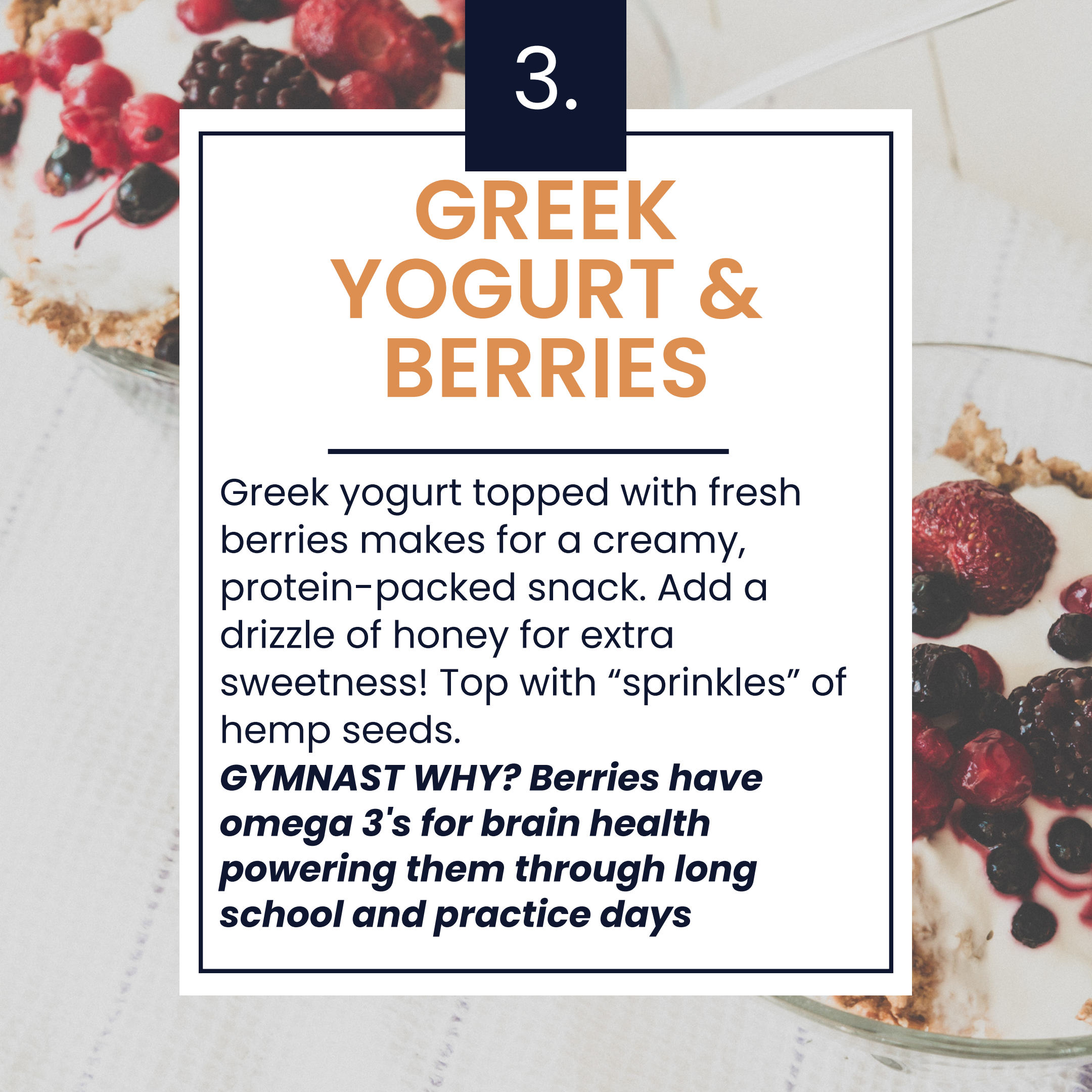


2.

VEGGIE STICKS & HUMMUS

Crunchy veggie sticks with hummus are perfect for keeping your energy levels up. Try carrots, cucumbers, and bell peppers!

Gymnast Why? Building a strong foundation requires protein, hydration and minerals

A close-up photograph of a glass bowl filled with white Greek yogurt. The yogurt is topped with a variety of fresh berries, including red raspberries, dark blueberries, and blackberries. Some golden-brown granola or cereal pieces are also visible on the surface of the yogurt. The background is a light, neutral color.

3.

GREEK YOGURT & BERRIES

Greek yogurt topped with fresh berries makes for a creamy, protein-packed snack. Add a drizzle of honey for extra sweetness! Top with “sprinkles” of hemp seeds.

GYMNAST WHY? Berries have omega 3's for brain health powering them through long school and practice days

The background of the entire image is a close-up photograph of whole grain crackers and slices of yellow cheese. The crackers are round with small holes and some herbs. The cheese is cut into irregular, bite-sized pieces. A dark blue square is positioned at the top center, containing the number '4.' in white.

4.

WHOLE GRAIN CRACKERS & CHEESE

Whole grain crackers with cheese slices are a great combo of carbs and protein to keep you full and focused!

Gymnast WHY? Cheese releases serotonin the mood boosting hormone, perfect for long school days

A recipe card for energy bites, featuring a dark blue header with the number '5.' and a white box containing the title and description. The background is a close-up of several golden-brown energy bites studded with nuts and chocolate chips, some resting on a piece of white parchment paper.

5.

ENERGY BITES

Homemade energy bites are easy to make and packed with nutrients. Mix oats, peanut butter, honey, and some chocolate chips!

Gymnast Why? Oats are a complex carb that will give you long lasting energy without a crash!



Betsy

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EDUCATE.



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TRAIN.



EMPOWER.

Stronger Gymnasts. Stronger Coaches. Stronger Future. ♥