

sport and exercise nutrition

Football sport

Introduction – Cristiano Ronaldo (CR7)

- Elite Portuguese professional football player.
 - Known for discipline, longevity, and peak physical condition.
 - Maintains very low body fat and high muscle mass.
 - Lifestyle based on structured training and sport nutrition.



Daily Lifestyle Overview

- Wakes up around 6:00–7:00 AM.
 - Morning training session with team or gym.
 - Recovery sessions (massage, ice bath, stretching).
 - Family time and mental relaxation.
 - Dinner around 7:00–8:00 PM.

Typical Daily Schedule

Time	Activity
6:00–7:00 AM	Wake up & light breakfast
8:00–10:00 AM	Morning training session
12:00 PM	Lunch & recovery
2:00–3:30 PM	Nap / rest
4:00–6:00 PM	Gym / second session

Daily Nutrition Plan

- 5–6 small meals per day.
 - Breakfast: Eggs, whole-grain toast, fruit, avocado.
 - Lunch: Chicken or fish, brown rice, salad.
 - Dinner: Fish, vegetables, lean meat.
 - Avoids soda, alcohol, and processed sugar.



Calories & Supplements

- Approx. 3,000–3,500 kcal per day (depends on training).
 - High protein intake for muscle repair.
 - Balanced complex carbohydrates for energy.
 - Supplements: Whey protein, Omega-3, Multivitamins, Vitamin D, Electrolytes.



Daily Exercise Routine

- Football drills: sprinting, shooting, tactical training.
 - Strength training: squats, bench press, core work.
 - HIIT cardio sessions.
 - Total training time: 3–4 hours daily.



Conclusion

- Success is based on discipline and consistency.
 - Structured sleep and recovery are essential.
 - Balanced sport nutrition supports performance.
 - Professional supplementation enhances recovery.
 - Lifestyle is key to long-term elite performance.

Thank you