Go Bananas for QuickStart!

WHY do tennis players eat watermelon?

BECAUSE . . . WATERMELON

- Is naturally low in fat, calories and sodium
- Cools your body during/after physical activity
- Is 92% water – great for hydration
- Is rich in Vitamin C, just like oranges
- Has lots of Vitamins B1 and B6, as well as lycopene, which protects cells from damage
- Can be eaten before, after or during meals, and can even be juiced
- **Tastes really good and is really juicy**!

TRY WATERMELON KEBOBS!!!

Cut watermelon, smoked turkey and cheddar cheese into one-inch cubes, and skewer on stirrers or straws. Use other fruits such as strawberries, blueberries or grapes with watermelon. Yummy! How many different ingredients can you use with watermelon?

Want to be a great tennis player? Eat like a great tennis player!

Eat fruits with every meal! Half of our meals should be fruits and veggies. Watermelon, along with its cousins, cantaloupe and honeydew, is a delicious fruit. There is even a National Watermelon Association that has terrific recipes for kids on its website, **www.watermelon.org**! Enjoy some watermelon and remember to drink lots of water when you play.

Photo by Matt Riley

**Elaine Chervinsky
Started tennis at 5
No. 2 UVA Singles Player
ACC Freshman of the Week (2x)
Five-star, blue-chip recruit; #6 nationwide
Eddie Herr 16s Champ**

Go HOOS!

UVA Singles Star Goes Bananas for QuickStart!

Elaine Chervinsky, UVA Women's #2 singles player loves to eat watermelon because it's so refreshing, tastes really good and is a terrific source of hydration, especially when it's hot and humid outside.

Go Bananas for QuickStart!

Bag Check About an hour before a match, Elaine eats a sandwich. On the court Elaine always has bananas and a HUGE bottle of water. She starts her day with plenty of fruit, plenty of water and a filling breakfast. Her favorite lunch is a sandwich and salad combo at Panera. For dinner Elaine likes to have chicken and some pasta with lots of veggies. For special occasions, she has a nice glass of fruit punch to cool off.