



Go Bananas for QuickStart!



WHY do tennis players eat bananas?

BECAUSE ... BANANAS

- Are full of energy – carbohydrates, fiber and **natural sugar**
- Have lots of **heart-healthy** potassium – lowers blood pressure and prevents cramping
- Are a cool fuel to eat before you play tennis
- As part of a **balanced diet**, give you lots of energy for exercise
- Improve concentration and focus
- Are **rich in B vitamins** that calm the nervous system and reduce stress
- Replace vitamins and other nutrients that are lost during exercise
- Help maintain blood-sugar levels between meals – **great snacks** along with other fruits
- Can easily be carried in tennis bags
- Aren't messy
- **Taste really good!**

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

Eat a banana every day! Start your day with a bowl of whole-grain cereal, skim milk and a sliced banana or another fruit. On “special” days, have banana pancakes or a waffle with smashed banana topping. When you’re on the tennis court, have a banana close by for quick energy, whole-grain cereal bars and plenty of water. Hydration is as important to tennis players as nutrition. Drink eight 8-ounce glasses of water each day, more in really hot weather.



Brian Boland
UVA Men's Tennis Coach
ITA Coach of the Year
ACC Coach of the Year
Three ITA Indoor titles
Six ACC Championships
Seven ACC Titles

Go HOOs!

UVA Men's Tennis Coach goes Bananas for QuickStart!!!

Brian Boland, Coach of the #1 UVA Men's Tennis Team and 2008 college coach of the year, emphasizes good nutrition to his players on a regular basis. That's how UVA won its fourth ACC Championship in a row. Brian believes in bananas and gives them to his players often.

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Bag Check: On-court Brian always has water and bananas. Brian starts his day with water, cereal and fruit for breakfast. His favorite lunch is a turkey sandwich and a salad. For dinner he likes to eat chicken, pasta and vegetables. For special occasions, Brian has chocolate ice cream.

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