

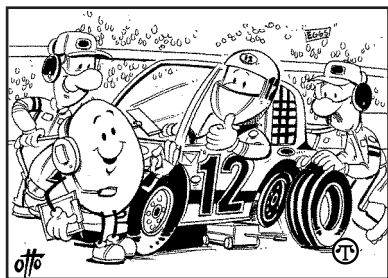
# Understanding Your Nutrition

## Keeping Fit In The Pit

(NAPSA)—NASCAR's pit crews are the hardest-working men in racing, jumping over the wall, making the repairs, changing the tires and gassing up the car—all at an incredible speed. Knowing that split seconds may make the difference between first place and last place for their driver, these crews need to stay nutritionally and physically fit.

Nutrition is a high-octane part of keeping in racing condition. "Eggs," says Pit Crew Trainer Brett Cumming, part of Richard Childress Racing, owner of five Winston Cup Racing teams, "are one of the staples of our crew's diet." Cumming is charged with making sure that, before his pit crew athletes go "over the wall," they're in the best shape possible. That's because they work 34 races a year, making 12- to 14-second pit stops, and what they do requires a great deal of upper body strength, leg and back muscles.

"It's not only important what fuel they put in their car, but what fuel they put in their bodies," says Cumming. "At RCR, we think fast and we think healthy. Quick, nutritious breakfast foods, snacks, lunch and dinner items are staples of the racing circuit and help to fuel the teams throughout the day. I like eggs because you can cook a nutritious meal in under a minute flat," adds Cumming. "Serve them up rolled in a burrito or on a roll and go."



**For NASCAR pit crews, eggs are a fast, nutritious part of staying in racing condition.**

Eggs are a great choice for a healthy snack or meal. The American Heart Association no longer restricts the number of yolks in the diet of healthy individuals. In addition, they are loaded with protein, vitamins and minerals, are low in calories, and research says they may even help to prevent age-related macular degeneration.

Cumming also recommends "fast fitness": quick, simple exercises that keep the team in shape, and can be done at home. These include arm rolls using free weights—or a can of motor oil—push-ups, leg lifts and fast walking.

"The racing circuit is all about speed, and I've incorporated speed into the fitness plan I've designed for the crews," Cummings concludes, "fast fuel for our bodies, fast exercise, fast teamwork."

For more information about NASCAR and Winston Cup racing and "foods that fuel," visit the Web site at [www.rcrracing.com](http://www.rcrracing.com).