In baseball, maintain high energy and focus through the game is essential to win.

One tip to ensure you start off the game hot and still have energy to close out the game strong is to make sure you eat breakfast!

You may have heard that breakfast is the most important meal of the day, so here are the reasons why eating a healthy breakfast is important:

- Boosts your energy levels and wakes up your metabolism for the day
- Helps maintain high levels of concentration and alternes throughout the day
- Improves hand eye coordination, problem solving skills, and brain functionality
- Strengthens your immune system
- Ensures you meet the daily nutrient requirement to improve your body function
- Promotes a healthy heart
- Helps improve athletic performance