

A Day in the Life: Xander Bogaerts

The Red Sox shortstop talks nutrition, fitness, and baseball in Boston.

By Jamie Ducharme | Hub Health | May 2, 2016, 10:58 a.m.



Ever wondered how people who eat, sleep, and breathe health spend their days? We did. So in this series, we'll take you behind the scenes and show you a day in the life.

Xander Bogaerts, Red Sox Shortstop

Boston is a competitive town, and nobody knows that better than Xander Bogaerts. “It’s a bit stressful, to be honest. The city is all about winning,” he says. “It’s like no other [city]. You’ve just got to win every day.”

Lucky for the shortstop, 23, the Red Sox went into May leading the American League East, a standing that should keep fans happy for the time being. “You just have to work hard, keep your body in good shape,” Bogaerts says. “That’s the most important thing. It’s a long season.”

We caught up with Bogaerts to discuss how he does just that.

Breakfast: “I try to get a huge breakfast,” he says. “It’s probably the most important part of the day.” Bacon and eggs are a standard morning meal for Bogaerts, and he says he’ll often have a watermelon water—he works with the brand WTRMLN WTR—on the way to the park.

1:00 p.m.: Arrive at Fenway.

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Pre-game workout: Bogaerts says he often squeezes in a strength training workout (“lift weights, get sore”) before night games, which he follows up with another watermelon water. “I actually get a lot of cramps, so it’s definitely a huge part for me,” he says.

Lunch: Bogaerts says he doesn’t have a typical pre-game meal. “They cook basically anything you want,” he says. “Whatever they make that day, you just go along with it.”

Mid-afternoon: The infielder says he relaxes and plays cards with his teammates in the hours before a game.

4:00 p.m.: Time for stretching, batting practice, and pre-game warm-ups with the team.

7:00 p.m.: Game time.

Post-game: Not one for night life, Bogaerts says he likely heads home for rest and relaxation after a game. “I don’t really like to go out that much,” he admits. “I probably just stay home and play PlayStation.”

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