

Workout Nutrition

General Tips and Meal Ideas for Before, During, and After Workouts

Fitness is not a destination... Its a way of life!

Benefits of regular physical activity include helping you maintain a healthy lifestyle and lower your chance of acquiring various diseases including type 2 diabetes, cancer, and cardiovascular disease.



These benefits can be obtained by exercising for a minimum of 30 minutes per day. Increased daily activity can be achieved by making minor changes throughout the day, such as walking or cycling to your destination or taking the stairs instead of the elevator.

Importance of Workout Nutrition

We want a balance of protein, high-quality carbohydrates, and healthy fats before and after exercise. Each macronutrient's amount will vary according to your demands and personal preferences. For maximum effectiveness, you should eat between one and three hours before and after a workout.

Note: the total amount of protein and other nutrients ingested throughout the day is still more important than any particular nutrition timing.

Contact Us!

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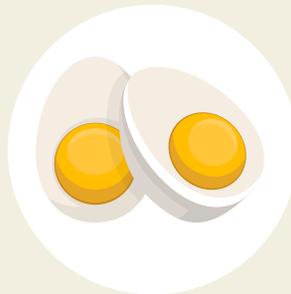


Pre Workout

Before training, aim to consume a meal that contains



**Easy to Digest
Carbohydrates**



Moderate Protein



Low Fat

During Workout

Consuming Sodium and Potassium helps regulate muscle constriction, nerve function, and blood volume. Sources of sodium include salt and sports drinks.

Sources of potassium include coconut water and bananas.

Choosing Your Sports Drink

| Sports Drink | Source | Function |
|--|---------------------------|---|
| Carb/ Calorie Containing Sports Drink | Activities >75 minutes | Prevents depletion of energy |
| Low/ No Carb/ Calorie Containing Sports Drink | Activities <75 minutes | Meets fluid and electrolyte needs |

Lemon-Lime Electrolyte Drink Recipe

INGREDIENTS

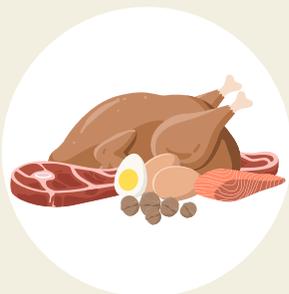
- 1/4c fresh lemon juice
- 1/4c fresh lime juice
- 2c coconut water
- 1/8 tsp salt
- 1 tbsp honey or cane sugar

DIRECTIONS

Pour all ingredients into a blender. Blend until honey/ sugar is dissolved. Serve cold.

Post Workout

After training, aim to consume a meal containing



High Protein



Complex Carbohydrates



Moderate Fat