

Pre & Post Workout Nutrition

Fuelling your body for the best results!

Pre-Workout Nutrition

This meal is important because you are fuelling your body to have enough energy to get the best workout you can.

- Prior to a workout, choose foods that contain carbohydrates to fuel muscles and maintain normal blood sugar
- Drink plenty of fluids to prevent dehydration
- Choose foods that you are familiar with that sit well in your stomach
- Eat your last portion of food approximately half hour to one hour before your workout. It may include the following: slow cooked oatmeal with berries, whole grain toast with almond butter topped with banana, apple with almond butter or natural peanut butter, organic greek yogurt or Kefir with Banana
- Avoid simple sugars such as chocolate and candy at least 60 minutes prior to workout as they can cause low blood sugar during exercise



*During Workout try to consume 2 ½ cups to 5 cups of water
(5 to 10 gulps every 20 minutes)*

Post-Workout Nutrition

This meal helps to replenish the energy lost from your workout and is geared for muscle repair.

- Immediately after workout it is good to eat or drink a small amount of carbohydrate such as a piece of fruit or juice. This is needed for energy, to refuel muscles, to help rebuild muscles more quickly and restore glycogen.

***Definition of Glycogen:** Glycogen is the main way the body stores glucose to be used later. It is produced in the liver but also stored in muscle and fat cells. Our body stores glycogen in a 1 to 3 ratio with water. We need this for energy!*



- About a half hour to an hour after your workout, eat a meal that includes lean protein such as chicken or fish to repair damaged muscle tissue. This meal should also include a good complex carb to restore the glycogen levels. Some examples are: grilled chicken with sweet potato and broccoli, scrambled egg and veggie omelette, salmon with butternut squash.
- Continue to hydrate yourself by drinking plenty of water