

Workout Nutrition:

Your results are based on proper timing of nutrients when your body needs them. Exercise creates stress and damage (microtrauma) to your body, planning and implementation determines how your body recovers.

Before: (PRE-Workout)

- Hydrate
- Plan ahead (Morning/Afternoon/Evening)
- If you eat, make it a small meal
- If you have low blood sugar add some juice to water

During: (ACTIVE-Workout)

- Hydrate
- Do NOT gulp fluids
- If you have low blood sugar add some juice to water

After: (POST-Workout)

- Re-hydrate based on level of sweating
- 30-min window to restore Carbs and Protein
- Avoid dietary Fats which slow uptake of carbs and proteins
- Protein Bars or Shakes are easiest
- MOST IMPORTANT!

CATABOLIC Exercise (Breakdown) to **ANABOLIC** Recovery (Rebuilding)

Sports Drinks:

- Make your own
- Water/Fruit Juice/Sea Salt/Honey

Active Rest:

- Stay active between workouts to speed recovery
- Do NOT exercise sore Muscles
- Increase protein intake to fuel rebuilding
- Get a full night's sleep