

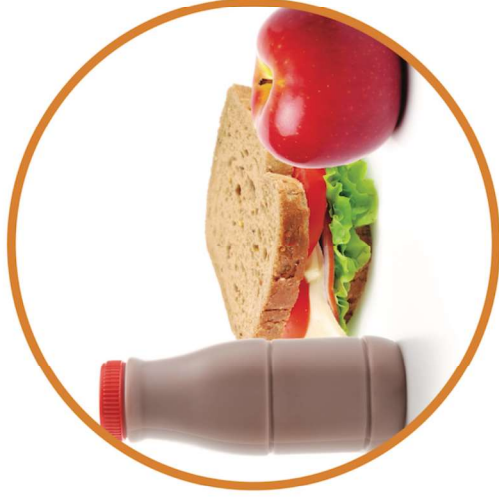
PRE-WORKOUT NUTRITION

- Eat a combination of foods high in carbs and moderate in protein.
- Focus on foods low in fat and fiber.
- Length and intensity of workouts matter.
- 6 a.m. workout? Fuel well the night before and eat something small in the morning.
- Experiment in practices to figure out what works best.



For advice on customizing a nutrition plan, consult a sports dietitian.

3-4 HOURS BEFORE EXERCISE



- Turkey and Swiss sandwich, apple and low-fat chocolate milk
- Peanut butter and jelly sandwich with banana slices and low-fat milk
- Low-fat Greek yogurt with berries and small salad with chicken
- Always remember to hydrate with at least 16-20 oz. of fluid

30-60 MINUTES BEFORE EXERCISE



- Sports drink
- Fruit, apple sauce, or fruit snacks
- Small granola bar, pretzels, or graham crackers