

Exercise Nutrition Essentials

This playbook provides a step-by-step guide on how to properly nourish the body before and after workouts. It includes what types of foods and nutrients are important for fueling physical activity and aiding in recovery.

Step 1: **Pre-Workout Meal**

Consume a balanced pre-workout meal 2-3 hours before exercising. It should be rich in carbohydrates for energy, moderate in protein for muscle support, and low in fat and fiber to minimize digestion issues.

Step 2: **Hydration**

Drink water throughout the day leading up to your workout. Aim for about 17-20 ounces of water 2-3 hours before exercise and an additional 8 ounces 20-30 minutes before starting.

Step 3: **Pre-Workout Snack**

If needed, have a small snack containing easily digestible carbohydrates and some protein about 30-60 minutes before exercising. This can help prevent hunger and provide a quick energy boost.

Step 4: **Post-Workout Recovery**

Within 30 minutes after exercising, consume a meal or snack that contains carbohydrates to replenish glycogen stores and protein to aid in muscle repair and growth.

Step 5: **Continued Hydration**

Rehydrate post-exercise by drinking water or an electrolyte-replenishing beverage. You should aim to replace any fluid lost during the workout by monitoring your thirst and urine color.

Step 6: **Nutrient Timing**

Complete your post-workout nutrition within 2 hours after exercise, which is the optimal window for recovery. The meal should be a balance of carbohydrates, protein, and healthy fats.

General Notes

Mindful Eating

Listen to your body's hunger and fullness cues. Overeating or undereating can affect exercise performance and recovery.

Individual Needs

Adjust portions and nutrient types according to individual energy needs, exercise intensity, duration, and personal dietary restrictions.

Dietary Supplements

Be cautious when considering dietary supplements. Consult with a healthcare provider or a registered dietitian before adding supplements to your diet.

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