

WHAT TO EAT BEFORE AND AFTER A WORKOUT

As you know, a large part of reaching and maintaining optimal health is learning how to appropriately fuel your body. Just as you fill your car with gas before a road trip, it is important to ensure that your body has the right type of fuel to keep you going throughout your workout. So, here are some ideas of how to keep your engine running efficiently.

Ensure that you receive the correct balance of carbohydrates with protein.

It is best to consume a high carb, moderate protein, low fat meal before you exercise. It is easy to underestimate the importance of carbs when fueling for any type exercise. Protein is important for muscle building and repair, but you need carbs to provide the power or energy to lift the weights or run that distance. In order to eliminate digestion problems, avoid high fat foods, or large quantities of any food before a workout.

Timing: No matter what type of exercise that you are enjoying, you want to have something to eat within 4 hours before the workout, and then a little something the hour before you workout. If you know that your workout is only going to last 45 minutes, then keep the snack small. If you are going to workout for 2 hours, then increase the pre-exercise meal.

Choose your protein or “sports” bar wisely. Yes, they are convenient, however most are simply glorified candy bars providing many calories. You want to stick with a bar that has approximately 200 calories, 5 grams of protein and 25 grams of carb. If you find a bar that you really like, but is higher in calories, just eat half of it.

Be careful that you don’t eat more than you burn! You just spent your precious time burning calories, so don’t blow it by having a large smoothie @ the café. Reward yourself with knowing that you went to the gym & you worked hard 😊

Lastly, you must stay hydrated at all times. Each organ of our bodies requires water, so don’t cheat yourself of that vital fluid.

Pre-workout Ideas

- Half a chicken, turkey or lean beef sandwich on whole wheat bread
- Low-fat yogurt with a sliced banana
- Low-fat string cheese and 5-6 whole grain crackers
- Hard-boiled egg
- Skim milk with frozen fruit (smoothie)

Post workout Ideas

- One or two poached eggs on whole wheat toast
- Bean burrito: whole wheat tortilla filled with black beans, salsa & low fat cheese
- Stir-fried chicken and vegetables (pepper, zucchini & carrots) over brown rice
- Whole wheat pasta tossed with chicken, broccoli and eggplant
- Whole grain cereal or oatmeal with milk and fruit (sliced banana)