

Fitness & Sports Nutrition

What you need to know before, during, and after exercising to keep your body healthy!

Before - Start exercise with a full tank

- 3 - 4 hours prior to activity, eat a full meal.
 - High fiber carbohydrate, lean protein, and healthy fat
- 30 - 60 minutes prior to activity, have a small snack.
 - Granola bar, banana, yogurt & granola, or pretzels

During - Keep your energy up

- Less than 60 minutes: focus on water for hydration
- 1 - 2.5 hours: 30 - 60g carbohydrate/hour
 - Banana, sports drink, apple, Honey Stinger waffle, or energy gels/chews
- More than 2.5 hours: 60 - 90g carbohydrate/hour
 - Trail mix, PB&J, handful of dried fruit, dates, or half of a bagel



Recovery - Repair muscles and reduce fatigue

- Start refueling with 20-30g of protein combined with carbs and fluid, as soon as practical
- If you can't get a full meal within an hour of a workout, have a high protein snack:
 - Protein shake and banana, fruit/yogurt smoothie, protein bar and bottle of water, PB & J with a glass of milk

Hydrate - Drink Water

- 2-3 cups of water 2-3 hours ahead of time with 2-3 large gulps, 60 minutes before activity
- Try to drink half your bodyweight in fluid ounces daily plus 2-3 cups for every hour of activity
- Pay attention to urine color
 - If it's the color of lemonade, or lighter, you're in the clear!

