

Fuel Your Workout With FLIK

Food by FLIK

MORNING WORKOUTS

Exercising before breakfast is a great way to start your day. Exercise stimulates the release of various brain chemicals that can lower stress and boost your mood.

LUNCHTIME WORKOUTS

Using your lunch hour to workout is a great way to get through a long day at the office and can keep your metabolism revved up.

EVENING WORKOUTS

Working out is beneficial any time of day. It has been shown that exercising regularly can improve sleep quality, so get to the gym before bed. If you're headed home for dinner after your workout, no recovery snack is needed.

WHAT ABOUT PROTEIN?

The average person needs 0.8-1g/kg body weight of protein daily to maintain muscle mass and function even if working out and lifting weights.

**Example: 150 Pound Person = 68.2kg*
= 55-68 g protein needed daily**

*calculation for pounds to kg conversion is
pounds/2.2 = kg

Words of Wisdom

Keep in mind for every mile you run or walk you burn roughly 100 calories, therefore, it is key to not overdo your food intake.

Instead, head to the café for a few key items.

Pre-Workout:

Don't exercise on an empty stomach.

Choose:

Water
+
Banana
or
100 cal granola bar
or
Slice of plain toast

Post-Workout

Refuel with quality carbs and lean protein.

Choose:

Water or skim milk
+
WW toast + egg
white, veggie omelet
or
Oatmeal + nuts + fruit

Words of Wisdom

Think you have no time for lunch-time workout?

Research shows that 15 minutes of a high intensity workout provides similar benefits of a 60 minute low intensity workout.

Pre-Workout:

Snack about 3 hours before your workout.

Choose:

Water
+
Greek yogurt
or
toast + peanut butter
or
Nourish snack pack

Post-Workout

Refuel with a Healthy Living in the café.

Choose:

Water, seltzer, or unsweetened tea
+
Protein
+
2 veggies & 1 starch

Words of Wisdom

If exercising after work, plan to eat lunch 3-4 hours before working out for ample energy

Pre-Workout:

Energy boost 15-30 minutes before.

Choose:

Fruit cup

Post-Workout

If dinner is delayed

Choose:

1 cup chocolate milk
or
yogurt

PROTEIN CONSUMPTION

Research shows the body can utilize 20 g of protein at a time to promote muscle growth and repair. Consuming more protein than your body needs will be used for energy or stored in the body as fat, not muscle growth.

What 20 GRAMS LOOKS LIKE:

- 12 oz skim milk + 2 Tbsp. peanut butter + apple
- 2 eggs + 1 slice cheese + 1 slice WW bread
- 3 oz meat, poultry, or
- Greek yogurt + slice of WW bread