

FUELING EXERCISE

Words of Wisdom

The purpose of pre-workout nutrition is to boost energy. The purpose of post workout nutrition is to support muscle recovery and replenish energy stores.

Morning Workout

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.

Pre-Workout

Don't exercise on an empty stomach. Aim for a protein + carbohydrate 30

CHOOSE:

2 tbsp. almond butter + banana or hard boiled egg + fruit

Post Workout

Refuel with lean protein + complex carbohydrates.

CHOOSE:

WW toast + egg white veggie omelet or Greek yogurt smoothie or 1 cup oatmeal + 2 tbsp. nuts + ½ cup fruit

Words of Wisdom

If you are healthy & exercise regularly to maintain good health, eating a balanced meal 1-2 hrs before & after exercise is all you need to meet your workout nutrition needs. Pre & post workout nutrition needs change for endurance runners, & intense workouts

Mid-Day Workout

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

Pre-Workout

Snack about 1 hour before your workout.

CHOOSE:

½ cup Greek yogurt + ½ cup fruit or 1 oz. nuts + ¼ cup dried fruit or 2 oz. turkey + 1 oz. cheese

Post Workout

Refuel with a Wellness Works lunch in the café.

CHOOSE:

Water, seltzer or unsweetened tea + 4 - 6 oz. lean protein + 1 cup veggies or salad + ½ cup whole grain or fruit

Evening Workout

Research shows that 20 grams of protein is ideal within an hour post workout to maximize muscle building and increase fat loss.

Words of Wisdom

Exercise is beneficial at any time of day and has been shown to improve sleep quality. If you're headed home for dinner after your workout, no recovery snack is needed.

Pre-Workout

Grab an energy boost 30-60 minutes before.

CHOOSE:

Fruit + 1 oz. cheese, energy bites or nut based bar like RXBAR or KIND bar

Post Workout

A balanced dinner is ideal, but if dinner is delayed choose a protein packed snack.

CHOOSE:

1 cup chocolate milk or Greek yogurt