



FUEL YOUR WORKOUT



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.

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. Aim for a protein + carbohydrate.

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 + 2tbsp. nuts + ½ cup fruit

Mid-day Workouts

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.

Words of Wisdom

Think you have no time to 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 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 FIT lunch in the café.

CHOOSE:

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

Evening Workout

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.

Words of Wisdom

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

Pre-Workout

Grab an energy boost 30-60 minutes before.

CHOOSE:

Fruit + 1 oz. cheese 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

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*

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

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
- Greek yogurt + whole grain English muffin
- ¼ cup hummus + 1 oz. cheese + carrot sticks + 1 egg