



NUTRITION PRE/POST EXERCISE

*First and foremost: do what's best for you and your body!
Integrate these suggestions whenever it's realistic for you*

Background Information

- *Carbohydrates break down into glucose which provides energy required for exercise*
- *Exercise helps boost muscles to take in more glucose*
- *Protein helps rebuild muscles after exercise*



Activity

Put new information into action in your daily life...

- What are sources of carbohydrate/protein that you like to eat?

- What are some snacks you can bring for pre/post-workout nutrition?

Tips

- 1. One hour prior, carbs to acquire!**
- 2. Feeling sore? Carbs and protein will restore!**
- 3. If your workout was sweaty, your glass shouldn't be empty!**

