



How To: Nourish for Exercise

Focus on Hydration Daily

Staying hydrated is essential for exercise performance. Proper hydration helps maintain blood plasma levels so fuel and oxygen can travel to working muscles. In addition, hydration is important for regulating body temperature.

In order to keep your hydration in check, aim for $\frac{1}{2}$ your body weight in fluid oz. per day

Beware of sports beverages high in sugar (anything > 10 grams of sugar per 16 oz). These formulas can potentially contribute to dehydration.

Consume Balanced Meals Throughout The Day

A balanced meal consists of quality protein, complex carbohydrates from fruits, vegetables, and whole grains, and anti-inflammatory fats from nuts, seeds, and monounsaturated fats (olive oil, avocado). When we focus on these three elements with every meal, we are setting up our success in both health and fitness.

Emphasize Fiber and Phytonutrients

Depending on the type of exercise you partake in, prolonged endurance exercises such as cycling and running can disturb the gut microbiome. This is because blood flow is shunted from the gastrointestinal tract towards working muscles for an extended period.

With this in mind, incorporating a diet high in fiber from fruits, vegetables, and whole grains is essential for keeping the microbiome diverse and healthy.

Mind Pre and Post Workout Meal-Timing

If it has been longer than 2 hours since your last meal, you want to top off your tank as you head into a workout.

You want that pre-workout snack to provide fuel, minimize muscle breakdown, and make you feel good mentally.

To avoid stomach distress, keep it simple with a carbohydrate and protein-dense snack. Lay low on the fat and fiber which can slow the gastrointestinal system down.

Post-work protein is totally worth the hype. Shoot for 25-30 grams of protein post-workout. Women have a shorter window for protein repletion compared to men, shoot for your protein dose within 30 minutes post-exercise. In addition, always have some carbohydrates with your protein.

Prioritize Recovery

When it comes to getting fit, your workout is only half the equation. Focusing on rest is super important to combat the stress of exercise.

Acute Recovery - immediately after exercise

- Focus on a cooldown or “active recovery.” This could look like a walk or an easy jog around the block, gentle movement, or even a massage with a foam roller.

Long-Term Recovery - how you recover and become strong over the course of a training block.

- Optimizing your sleep is essential for long-term recovery. It is during sleep when we recover from the stress of exercise and build lean muscle mass.

