FUEL FOR IMPACT:
MAXIMIZE YOUR EFFORTS

PRE-WORKOUT FUELING GUIDELINES

Properly fueling before your workout can improve your performance and help jumpstart recovery.

1. Choose a snack with a small amount of protein that digests quickly, like whey protein.
2. Don't forget to hydrate with 16-20 ounces of water or an electrolyte drink.
3. Fuel up 1-2 hours before your workout to improve your performance, maximize your results, and jumpstart your recovery.

Enter your activity with enough fuel to give your maximum effort based on the duration and intensity of activity.

POST-WORKOUT FUELING GUIDELINES

Aim for refueleing within 30 minutes of your activity to help maximize nutrient delivery to the body, decrease core temperature, and rehydrate.

1. Refuel with carbohydrates. The more intense the training, the more carbohydrates you need.
2. Rebuild with protein. The more you weigh, the more protein you need.
3. Rehydrate with water or an electrolyte drink. Drink 20-24 ounces of fluid for each pound lost during training.

The sooner you get your post-workout nutrition, the quicker you'll recover.

PRE-WORKOUT SNACK OPTIONS

Can't find a pre-workout snack that satisfies? Try one of these quick nutritious options.

- 6 oz. orange juice + ½ scoop protein powder
- Greek yogurt + 1 cup of berries
- Homemade trail mix: 1 cup high fiber cereal, 2 tbsp. dried fruit, 2 tbsp. nuts
- ½ of a meal replacement bar
- ½ turkey sandwich on whole grain bread + fruit
- ½ peanut butter and jelly sandwich
- Small bowl of cereal with milk and ½ a banana

POST-WORKOUT SNACK OPTIONS

Not sure what to eat after a difficult workout? Try one of these to help speed your recovery.

- ¾ cup cottage cheese with fruit
- 20 fl. oz. of low-fat milk
- Fruit smooth with whey protein
- 1 sourdough English muffin + 2 hard boiled eggs + tomato slices
- 1 cup chopped turkey on salad with whole grain bread
- 4 oz. can of tuna + whole wheat pita bread
- Greek yogurt with fruit + honey