TTU Faculty Fitness Challenge 2015

What you put into your body before and after a workout session can really impact your energy levels, as well as your recovery process. Whether you’re a trained athlete, or just starting to exercise, eating right can help energize your workout. Your body primarily relies on carbohydrates for quick energy, protein for muscle recovery, and fluid consumption for ideal workout performance.

**Before:**

Try eating foods with low fat, low fiber, moderate in carbohydrates and protein. Try foods like whole wheat toast with peanut butter and sliced banana on top, Greek yogurt with trail mix, oatmeal with fruit, apples with almond butter, and even smoothies. Experimenting with new foods before a workout isn’t the best idea. Practice these methods to make sure your stomach and workout can handle these items.

**Hydrate 3-4 hours before you work out; drink 2-4 cups of fluids. One hour before you work out, drink 1-2 cups of fluids.**

**After:**

Focus on foods with moderate amounts of protein so your muscles can recover and grow. **Aim for 20-30g of protein within 15-30 minutes after your workout. Then plan for a regular size meal 2-3 hours later.** You can receive this protein source from many foods whether it’s a hard-boiled egg, chocolate milk, low fat cheese, yogurt or smoothies and protein shake. Other meals to try could be grilled chicken with mixed vegetables, an omelet filled with veggies and avocado, salmon paired with a sweet potato, or tuna fish and spinach on whole-wheat bread.

When choosing whey protein be sure to choose safe products. Some may have blends that contain caffeine and other elements that you may not want. There are additives that may be band by competitive sports groups. Check this website for details on safe products or get the APP for your smart phone and ask an expert. [http://www.nsfsport.com/](http://www.nsfsport.com/)

**Fluids:**

Your hydration level will ultimately affect your performance during a workout. Ideally this fluid needs to be water. Before and during a session just drink enough water where you can still comfortably exercise. Adding in electrolytes such as Gatorade®, PowerAde® or coconut water are helpful when you work out for more than an hour for replacing minerals and carbohydrates lost during fitness. **After a workout you typically want to drink 16-24 ounces for every pound of fluid loss during exercise.**

A great way to check your hydration level is through the color of your urine. Target hydration colors would be considered “lemonade” or pale yellow in color. You can even help replace fluids in your body through foods with high water content. Try foods like cucumber, watermelon, pineapple, celery, grapefruit, blueberries, and tomatoes.

**Also Check Out These Websites:**

- Workout Nutrition
- Precision Nutrition
- Eating Before Exercise
- Eating for Recovery

“Why work so hard in the gym to waste it with a bad diet?” – Alexis Wein