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Exercise Nutrition

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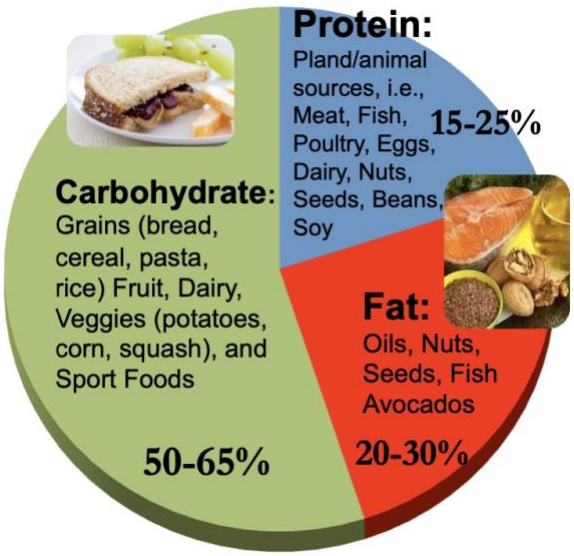
Being well-fueled and ready to train will help you get the most out of each workout. Learning how nutrition can help your training offers one more tool for you to reach your athletic potential. Here are some basic tips on how you can use food to your athletic advantage.



Carbohydrate

• Fuels muscles during high- intensity exercise
• Only fuel source for brain concentration and mental sharpness
✓ Choose whole grains, fruits, & veggies
✓ Have a carb-rich meal/snack 1-4 hours before & after training
✓ Choose easily digestible carbs before, during & after training
✓ Consider a sport drink for workouts over 45 minutes or workouts in the heat

Fat

• Energy source -low intensity exercise
• Helps send messages in the body
• Vitamin and mineral absorption
• Can reduce inflammation
✓ Choose "healthy fats:" olive & vegetable oils, fish, avocado, seeds, nut butters
✓ Choose lean meats and low-nonfat dairy products or replace with plant based
✓ Replace low-quality fast-food options before training or competition with sandwiches, potatoes, rice, pasta, etc.

Protein

• Builds & repairs muscle
• Transports nutrients & maintains hydration
• Protects immune system
✓ Include a small amount of protein with every meal and snack
✓ Incorporate a variety of amino acids (vegetable and animal sources of protein)
✓ Aim for 10-20g both before and after endurance and lifting sessions
✓ Daily intake <1.0g/lb or < 2.5g/kg

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Snacks, Fluid & Recovery

The body runs better if it gets food every 3-4 hours. Bring **snacks** for your gym bag – pretzels, trail mix, fresh fruit, crackers, simple bars, and a variety of drinks. Fluid helps transport nutrients, aids in recovery, and cools the body. This is where sport supplements can come in handy. They are already designed to have the macro and micro nutrients needed for sport, plus add convenience to an already busy schedule. Have a pre-workout go-to snack and a recovery drink mix handy can be the key to success!

Recipe: Beet Root Energy Bites

These yummy morsels are easy to carry and provide all the nutrients you need to keep your engine burning strong!

- Beets contain natural Nitrous Oxide to help increase your body's ability to transport oxygen to muscles.
- Flour and dates give you the carbs you need for immediate energy.
- Coconut and almonds provide healthy fat for sustained energy.

INGREDIENTS

- 9 Medjool dates, pitted and soaked
- 1 large red beet, roasted and chopped
- ½ cup all-purpose baking flour (or any GF flour you prefer)
- ½ cup unsweetened shredded coconut
- ¼ cup raw almonds chopped
- ½ tsp vanilla extract

INSTRUCTIONS

- Add all ingredients to food processor and mix until a thick paste forms, scraping down the sides of food processor with rubber spatula as needed until evenly combined.
- Transfer mixture to the fridge for 15 minutes to chill and set.
- Form 14 energy bites from mixture and roll each in shredded coconut for added flavor.
- Store in fridge for up to 2 weeks. Bring along in a small bag for fuel when you need an energy boost.

Recovery Smoothies

You only have 20-30 mins to get that recovery in, so prep your post workout nutrition to have it ready to rehydrate your body with the protein and nutrients you need to rebuild torn down muscle tissue and keep energy high for the rest of your day. The recipe is simple and modifiable to your liking. Simply choose the smoothie "mix-ins" that you desire and put it all in the blender:

- 1 cup unsweetened almond milk or milk of choice)
- 1 scoop of protein powder (plant or whey based)
- 1 small banana
- Add your flair! Berries, nut butter, chia/flax/hemp seeds, spinach, turmeric, avocado, tropical fruits, etc.
- 1 cup ice on top
- Blend and put in your to go tumbler to be ready for your post- workout needs.

Making recovery nutrition your routine sets you up for feeling good, not only the rest of the day but for subsequent workouts. Just like the fuel you ingest before exercise keeps the engine burning strong, what you put back in your body after depleting it makes all the difference!