



















Pre-workout ideas:

(1-2 hours before exercise)

1.  +  + 
2.  +  + 
3.  +  + 

Post-workout ideas:

(within 1 hour after exercise)

1.  +  + 
2.  +  + 
3.  +  + 

The bottom line

Consuming the right foods is essential for optimizing energy levels and recovery after exercise.

Protein is one of the most important macronutrients for muscle growth and repair.

Carbohydrates are one of the most important macronutrients for keeping energy levels up.



For further information we recommend this review on the importance of the right fueling for performance:

Bytowski, J. R. (2017). Fueling for Performance. Sports Health: A Multidisciplinary Approach, 10(1), 47–53. <https://doi.org/10.1177/1941738117743913>



FUEL FOR FITNESS

Learn about the role food plays in fitness

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Nutrition & performance

Diet is a key component that contributes to success in sports performance.

Important areas to highlight include:

- Energy Balance
- Macronutrients
- Micronutrients
- Timing



Energy Balance:

Energy intake (EI) must be = to total energy expenditure (TEE). when the body is in energy balance, bodyweight is maintained, If the goal is to gain weight (or muscle) energy intake must be higher than energy expenditure.

Macronutrients:

The 3 main macronutrients are Protein, Carbohydrate and Fat.

Protein

- The building blocks of muscle, tendons and tissues
- AMDR for protein is 10–35% of total energy intake
- When in a muscle gain phase, protein intake should be between 1.5–2.2g/kg/day

Carbohydrate

- Main energy source for high-intensity exercise
- intake should be 3–5g/kg/day for light training and 8–12g/kg/day for intense training

Fat

- Essential for body processes like fat-soluble vitamins absorption, cellular structure, hormone regulation and brain health
- Can help increase satiation
- Focus on good fat sources high in unsaturated fat and essential fatty acids
- intake must be 20–35% of TEE

Micronutrients:

Training may increase micronutrients needs, such as sodium and potassium That's why a healthy and balanced diet should be followed to ensure the needs are being met

Nutrient Timing:

Timing will depend on factors like personal goals and type of exercise being performed, as well as intensity and duration.

- **Pre-exercise** requires carbohydrate intake for producing ATP to fuel muscular contraction
- In **post-exercise**, the intake of carbohydrate and protein can restore glycogen stores and promote muscle synthesis



Hydration:

Water is an essential nutrient of the diet. Your body is mainly made up of water (about 70% in adults) making it important to keep yourself hydrated. Being dehydrated can lead to poor digestion and feeling sluggish and drained during training

