



NUTRITIONAL SUPPORT

fueling energy



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EATING TO FUEL EXERCISE IS VITAL to sustain any fitness level. With adequate energy you can achieve high quality workouts with a quick recovery time.

PRE-WORKOUT NEEDS

Carbohydrates is the key pre-workout fuel.

- Eat 30 minutes-2 hours before exercise
- Focus on quality energy sources;
 - sweet potato, fruit, whole grains
- Avoid saturated fat and excess protein
 - Slows digestion leaving you sluggish during your workout.

EXTENDED ACTIVITY

When exercising >1 hour, re-fuel during the activity to renew energy. Choose easily digestible carbohydrates; dried or fresh fruit, or honey.

- Consume 50—100 calories for every 30 minutes of exercise over 1 hour.



RECOVERY

Your body needs fluid, protein, and carbohydrates, especially after an intense workout. Aim for a snack or meal within 20 – 60 minutes of completing physical activity to replenish muscle glycogen stores and help build and repair muscles.

- Oatmeal made with milk, add raisins and nuts
- Whole grain bagel with egg & avocado
- Quinoa with grilled chicken, tomatoes and spinach.
- Shake using high-quality protein powder blended with milk or almond milk, fruit and peanut butter.



HYDRATION

This is essential to maintain performance.

- Generally, if you stay hydrated through the day and exercise less than 60 minutes, hydrate with water as thirst prompts you.
- If you exercise >60 minutes, drink 3-8 ounces of electrolyte-containing beverage every 15-20 mins.