Health Tip of the Month

How to Fuel Your Workout

Going for a run? Or maybe a bike ride? Use these tips to properly fuel your body!

Post Workout

When: Within 15 minutes of completing your workout

What:

- **Carbohydrates**: After working out, your body needs carbohydrates to replenish it’s energy stores.
  **Examples**: Bananas, brown rice

- **Proteins**: Protein is needed for your muscles to recover after strenuous activity.
  **Examples**: Nuts, grilled chicken

- **Electrolytes**: Electrolytes are needed for your heart, muscles and nerves. Since they are lost through sweat, they need to be replenished afterwards.
  **Examples**: Coconut water, bananas

Pre Workout

When: 1 - 3 hours before your workout

What:

- **Carbohydrates**: Carbohydrates ‘fuel’ your muscles. The harder you work your muscles, the more fuel your body needs.
  **Examples**: Whole wheat toast, apples

- **Proteins**: Proteins allow your body to repair and rebuild your muscle throughout the workout.
  **Examples**: Peanut butter, hard boiled eggs

Don’t forget to stay hydrated! Drink water during and throughout your workout.

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