

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!



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

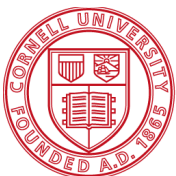
Don't forget to stay hydrated! Drink water during and throughout your workout.

Post Workout

When: Within 15 minutes of completing your workout

What:

- **Carbohydrates:** After working out, your body needs carbohydrates to replenish its 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, they need to be replenished afterwards.
Examples: Coconut water, bananas



Cornell University
Cooperative Extension
New York City

Worksite Wellness Initiative: by Julie Balsamo, Dietetic Intern
State University of New York, Oneonta 81: 07/17

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