

FOODS THAT AFFECT MOVEMENT

What you eat plays a big role in exercise performance and recovery. Think of your body as a machine, and that machine needs to be properly fueled. Although the exact amount of food you'll need will vary based on the type of exercise, amount of training, and length of the training sessions, use the following as basic guidelines to help fuel your workouts.

01 CARBOHYDRATES

- Carbohydrates are your body's main source of energy. Generally, the harder you train the more carbohydrates you'll need. Aim to include high-fiber carbohydrate foods with every meal.
- High-fiber carbohydrates include: whole grain breads and cereals, brown rice, sweet potatoes, and fruits and vegetables.



02 PROTEIN

- Protein is essential to grow and repair your muscles. Aim to include protein at every meal, like you would carbohydrates.
- Lean meats, fish, and poultry, low-fat dairy, eggs, and plant-based proteins such as nuts and seeds are optimal protein choices.



03 HEALTHY FATS

- Healthy fats are essential to a healthy diet - they provide energy (especially during sustained periods of exercise) and help your body absorb vitamins.
- Healthy fats include avocado, olive and canola oils, flaxseeds, and nuts.



04 WATER

- Water and fluids keep the body hydrated and at the right temperature. Drink about 16 ounces (2 cups) of water 2 hours before you work out. Sip water during and after you exercise.
- If you're exercising for more than an hour, consider a sports drink with added electrolytes.

