

# Health tip: Exercise Nutrition



Exercise and proper nutrition go together. Our bodies need quality nutrition to achieve better exercise performance.<sup>1</sup>

## The fuel your body needs

Carbohydrates, protein, and fat are the macronutrients that give our bodies the energy to perform throughout the day.<sup>2</sup>

- **Carbohydrates** – The body’s preferred source of energy. They help to preserve lean muscle mass during exercise. They also help you to feel alert and attentive
- **Protein** – The building blocks for bones, muscle, cartilage, and skin. Proteins aids in digestion and hormone regulation, and our bodies use protein to repair tissue.
- **Fat** – Fat protect vital organs and acts as an energy reserve when glucose is unavailable. Fat also helps transport vitamins to cells and aids in digestion.

## Nutrition timing

It’s important to eat the right nutrients at the right time to maximize exercise performance and recovery.<sup>3</sup>

	Before Exercise	After Exercise
Carbs	Aim to eat 3-4 hours before workout	Aim to eat something within two hours after exercise
Protein	Aim to eat 3-4 hours before workout	Aim to eat something within two hours after exercise
Fat	Minimal intake	Minimal intake



## What about water?

Water is necessary for normal physical and cognitive function. Water is essential in maximizing one’s exercise capacity. Staying properly hydrated regulates our internal body temperature, protects and cushions the heart, kidneys, and liver, improves digestion, flushes toxins and waste, increases metabolism, and transports nutrients to cells.

### Daily water intake recommendations:<sup>4</sup>

- Men – 104 ounces (13 cups)
- Women – 72 ounces (9 cups)

You may need to modify your total fluid intake based on amount of exercise, environment, overall health, or if you are pregnant or breastfeeding.

# Fitness supplements

While carbohydrates, protein, fat, and water are the only necessities to properly fuel exercise, many fitness supplements are available and may aid in boosting your exercise routine and progress.<sup>5</sup>

If you have been considering taking a fitness supplement, some of the health benefits may include:

- Enhanced muscle recovery
- Increased muscle growth
- Improved energy levels

It's normal to feel unsure about which supplements are best for you. As mentioned before, there are many supplements available and it may be hard to choose. Popular supplements include:

## Antioxidants

- May reduce muscle fatigue, inflammation, and soreness

## Amino Acids

- May provide energy during exercise
- May increase muscle mass and strength during exercise

## Creatine

- May provide muscle with short term energy

If you are considering utilizing supplements, it's recommended to reach out to your Primary Care Physician before you start.



## Sources:

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