



Pre-Workout Nutrition

Fuel before exercising to provide your body with the energy it needs to perform and recover!

**2-4
Hours
Before**

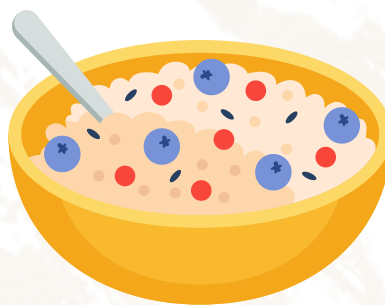
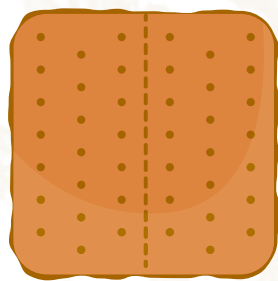
Pre-Workout Meal

Aim to eat a balanced meal 2-4 hours before exercising. This meal should emphasize carbohydrates with some protein and less fat and fiber.

**< 60
Minutes
Before**

Pre-Workout Snack

Aim to eat a pre-workout snack in the hour before exercising, especially if your last meal was more than 3 hours ago. Look for a snack with 30-60 grams of carbohydrates and minimal fat and fiber.



Post-Workout Nutrition

Eat immediately following a workout to replenish energy stores and build and repair muscle tissue!

Eat a Post-Workout Snack

Aim to eat a post-workout snack within an hour of exercising. Look for a snack with 30-60 grams of carbohydrates AND 10-30 grams of protein.

**< 60
Minutes
After**

Eat a Post-Workout Meal

Aim to eat a balanced meal about 2 hours after your post-workout snack. Be sure to include a serving of carbohydrates and protein.

**2
Hours
After**

