

FUEL YOUR DAY

GATORADE
THE SPORTS FUEL COMPANY

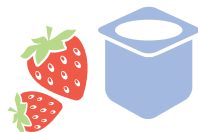
Help your clients get the most bang for their buck in and out of the gym with nutrition strategies from **CHRIS MOHR, PHD, RD** on what to eat and when to maximize workout efforts.

DAY BEFORE



Eat Consistently

Aim to get carbohydrates, veggies, fruit and protein at each meal



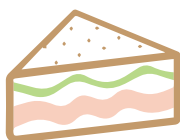
Snack Sufficiently


Include a combination of protein, fiber and fat




Hydrate Properly

Sip liquids throughout the day and avoid alcohol




 **2-3 Hours Pre**
(If it's not a morning workout)
Strive to have a meal with carbs and protein to stay fuller longer



 **60-120 Minutes**
Eat a combination of protein and carbs for long-lasting fuel

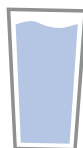


 **<60 Minutes**
Start your workout hydrated

PRE WORKOUT

Always eat or drink something before exercise

DURING WORKOUT



Hydrate Properly
Hydrating during a workout is necessary, especially if outdoors in a hot, humid environment



Exercise Less Than 60 Minutes
Drink water or a non-caloric electrolyte drink



Exercise More Than 60 Minutes
Add carbohydrates and electrolytes



Rehydrate
Rehydrate with 2-3 cups of fluids for every 1 pound lost during activity



Replace
Replace depleted glycogen with carbohydrates



Repair
Include protein to build and repair muscles – aim for around 20 grams soon after exercise to improve recovery

POST WORKOUT