

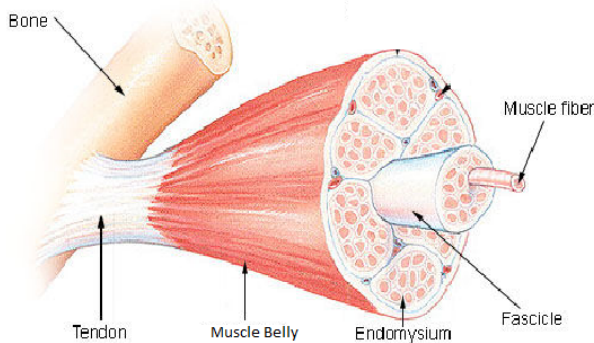
Post Exercise Nutrition Tips

Quick tips to help you refuel after an intensive work out!

The vast majority of people that exercise forget that proper nutrition after a workout is one of the easiest ways to build muscle and recover fully.

After exercise, fatigued muscles need all the help they can get to rebuild themselves. Think of your muscles as bundles of individual elastic bands. When you exercise, each individual elastic will wear, fray, and slightly tear after multiple contractions (pulls). Similarly, individual muscle fibers come under these stresses when exercised. Proper nutrition can help each muscle fiber rebuild to a new, stronger threshold.

Structure of a Skeletal Muscle



Time After Exercise	What to Consume	Examples	Important Notes
Immediately – 20 mins	High glycemic index foods	Chocolate milk Banana Protein bar Gummy candies	Drink electrolytes to replenish lost fluid and salt in the body/muscles
20 mins – 1 hour	Proteins and fluids	Apples and peanut butter Whey powder Smoothie	Continue to hydrate Liquid proteins/meals will be absorbed faster than solid proteins/foods
1-3 hours	Full meal	Lean meat Vegetables Complex carbohydrates (whole grain, brown rice, sweet potatoes) Skim milk	Consume a nutritionally sound meal, aiming to include most food groups

For more information, please visit www.body-works.ca