

The Sports Academy's Weekly Fitness Tip

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Eating RIGHT after Working Out

Nothing's better than snacking on something delicious after a long, hard workout. However, many people overestimate how many calories they expended working out and put down their guard on what they'll eat after a workout. In order to refuel after a workout without ruining all your hard work at the gym, keep in mind these post workout snacking tips.

1. Eat a small snack 30-60 minutes after working out to avoid snacking later. Refuel with a snack with 60 percent carbohydrates to replace the muscle fuel used during workout. **Ideas: Whole wheat bread with peanut butter or crackers with low fat cheese.**

2. Don't forget protein. Begin the process of repairing muscle breakdown from working out by including 10 to 15 grams of protein in your snack. **Ideas: Hard boiled egg whites or lean meat.**

3. Watch out for fat and sugar. Eating high sugar and fatty foods will erase your hard work at the gym and make you feel sluggish. Consume less than 15 percent post-workout calories from fat. **Stay away from: Soda, candy or french fries.**

Other post workout snack ideas: Dried fruit and nuts, cottage cheese with fruit, vegetables with hummus dip or a low fat granola bar. Remember the size and content of your post workout snack or meal will determine whether the calories will be used for fuel or stored as fat. Determine what seems best for you.

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