Fitness is not a destination... it's a way of life!

Benefits of regular physical activity include:

- helping you maintain a healthy lifestyle
- lowering your chance of acquiring various diseases, including type 2 diabetes, cancer, and cardiovascular disease.

These benefits can be obtained by exercising for a minimum of 30 minutes per day.

Increased daily activity can be achieved by making minor changes throughout the day, such as:

- · walking or cycling instead of driving
- exiting a tram, rail, or bus a stop sooner and walking the remainder of the trip
- taking the stairs instead of the elevator

Importance of Workout Nutrition

We want a balance of protein, high-quality carbohydrates, and healthy fats before and after exercise. Each macronutrient's amount will vary according to your demands and personal preferences.

For maximum effectiveness, you should eat between one and three hours before and after a workout.

Note: the total amount of protein and other nutrients ingested throughout the day is still more important than any particular nutrition timing.

Contact Us!

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WORKOUT NUTRITION

General Tips and Meal Ideas for Before, During and After Workouts

Pre-Workout

Before training, aim to consume a meal that is high in easy-to-digest carbohydrates, moderate in protein and low in fat. For early-morning exercisers who are unable to eat one to three hours before their activity, consider supplementing with essential amino acids and/or eating a larger meal the night before.

Meal Ideas

2 Hours Before

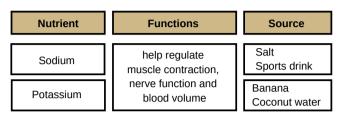


30-45 Minutes Before



During Workout

Important Nutrients



Selecting a Sports Drink

Sports Drink	When	Main Function
Carb/Calorie Containing Sports Drink	Activities longer than 75min	help prevent glycogen depletion
Low/No Carb/Calorie Containing Sports Drink	Activities shorter than 75min	help meet fluid and electrolyte needs

Make Your Own Sports Drink!

Lemon-Lime Electrolyte Drink Recipe



Ingredients

¼ cup freshly squeezed lime juice
¼ cup freshly squeezed lemon juice
2 cups of cold water
1/8 tsp. of salt
1 tablespoons of natural sugar or honey

Directions

Pour all the ingredients into a blender and blend the mixture until the honey is dissolved. Chill and serve cold.

Post-Workout

After training, aim to consume a meal high in protein with complex carbohydrates. A moderate amount of fat is okay. This could be a snack or your next meal.

Meal Ideas



avocado wrap

Chickpea salad

sandwich