

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



VEGETARIAN
VEGAN

Protein shake



VEGAN

Oatmeal with fruit



Chicken sandwich



VEGAN

Hummus with pita bread



VEGETARIAN

Cottage cheese toast

30-45 Minutes Before



VEGETARIAN
VEGAN

Banana walnut smoothie



VEGAN

Peanut butter crackers



VEGETARIAN

Fruit and yogurt parfait

During Workout

Important Nutrients

Nutrient	Functions	Source
Sodium	help regulate muscle contraction, nerve function and blood volume	Salt Sports drink
Potassium		Banana Coconut water

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



VEGETARIAN

Egg omelette with whole grain toast



Turkey or tuna sandwich



VEGETARIAN
VEGAN

Protein shake



VEGAN

Chickpea, sweet potato, quinoa bowl



VEGAN

Tofu and avocado wrap



VEGAN

Chickpea salad sandwich