

Fueling Your Workout



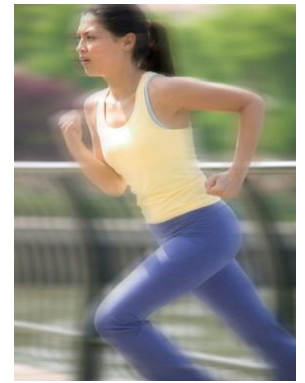
A Nutrition Guide for
OLG Eagles CC Team

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Calories IN/ Calories OUT



- Balancing intake of calories with calories burned
- How many calories do YOU need?
 - 5'5in. 120-130 pounds-moderately active female needs approximately 1800-2000 calories a day!

What does 1800-2000 calories look like?

Good Sample Day:

Meal 1: 1 Egg , ½ cooked veggies for omelet, 1 slice ww toast, 1 tsp. butter, 1 orange

H2O- 16 fl. oz.

Meal 2: 1 yogurt , ¾ cup berries, 1 Tbsp. Chia Seeds

H2O- 16 fl. oz.

Meal 3: 1 whole wheat tortilla , ½ cup refried beans, ½ cup peppers/onions, 2 Tbsp. avocado

H2O- 16 fl. oz.

Meal 4: 1 apple, 1 Tbsp. peanut butter, 8 fl. oz. almond milk

H2O- 16 fl. oz.

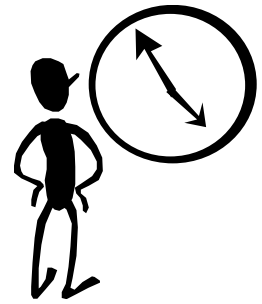
Meal 5: 5 oz Chicken breast, 1 cup brown rice, 1 cup stir fry veggies

Meal 6: 8 fl. oz. almond milk , 1 cup edamame



Timing Your Intake

Pre-Workout Fuel:



- 1-3 Hours before your workout depending on how YOU tolerate foods.

- Good possible pre-workout fueling:

PBJ sandwich greek yogurt and fruit

Apple & nut butter oatmeal/milk/fruit

Nuts & dried fruit mix

(A little protein and carbs in each pairing)

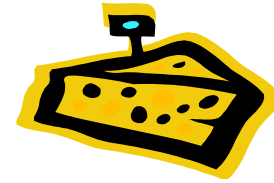
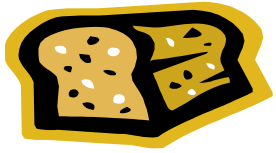
Timing Your Intake

Post Workout Fuel:



- Milk & Fruit Smoothie (add Chia Seeds or Flax Seed Meal for some healthy fats!)
- Low Fat Chocolate Milk
- Turkey on a whole grain wrap with veggies
- Yogurt with berries

(Looking for mainly carbs, some protein and liquids to rehydrate is also a PLUS!)



- Carbs are needed to fuel working muscles
- Protein is used to help build and repair the muscles
- Get a combo of carbs & protein 1-3 hours before your workout and within 20 minutes after your workout.
- Do not try anything new on game day. Experiment during training and practices to learn what your body tolerates best.

Hydration is KEY!

- **Start hydrating by drinking 8-20 oz. of fluid an hour before practice or games**
- **Dehydration causes early fatigue and will affect athletic performance. Electrolyte imbalance may alter decision making and attention during performance.**
- **Drink during exercise, 4-6 oz every 15 minutes (up to 16-24 oz of fluid per hour).**
- **Track your sweat loss. Weigh yourself before and after exercise and drink 16-24 oz of fluid for every pound lost through sweat.**
- **Only water is needed to hydrate if exercising under an hour. You may need a sports drink to replace fluids & electrolytes lost in sweat if exercising over an hour or if you lose a lot of salt in your sweat.**



Check your urine color– Clear to light yellow usually indicates proper hydration.

Drink frequently during exercise as outlined to the left. One gulp of fluid equals about an ounce of fluid.

Warning Sign of dehydration:

Early Signs:

- **Thirst**
- **Flushed skin**
- **Premature fatigue**
- **Increased body temperature**
- **Faster breathing & pulse rate**
- **Increased perception of effort**
- **Decreased exercise capacity**

Later Signs:

- **Dizziness**
- **Increased weakness**
- **Labored breathing with exercise**



Supplements

Be careful of the millions of supplements claiming to make you stronger and faster. Safety and effectiveness of supplemental products do not need to be tested or confirmed before they hit the store shelves. They can be taken off of the shelves by the FDA AFTER they are on the market and have been shown to be unsafe.

Beware of products that make the following claims:

- **Claiming results are quick and easy**
- **Testimonials from “real users” promoting its benefits**
- **Claims that it is right for everyone**
- **Claims that it has been used for millions of years**
- **Has a secret formulation**

Common Q&A's!



Will eating protein make my muscles grow?

- Protein is not the magic ingredient that will make you stronger. Muscle get stronger through WORK. Working muscles are best fueled with carbohydrates (carbs are stored in your muscles as glycogen). Over 50% of energy used when exercising 1-4 hours continuously at a moderate to intense endurance activity is from carbohydrates.

Is it best to work out on an empty stomach?

- It has been proven that exercise performance is improved after eating and is worse in a fasting state. Your body needs fuel to function at all, but especially when you are pushing it through exercise. It is crucial to eat first thing in the morning to replenish liver glycogen (which depletes while you sleep. Liver glycogen helps regulate blood sugar throughout the day). If you don't like to eat in the morning, try a fruit smoothie or some sort of liquid meal supplement. Remember, hydration is crucial!

Regular exercise means that I can eat whatever I want and not gain weight, right?

- Wrong answer! You HAVE to pay attention to portion sizes and make healthy food choices. If you are training and working out more than once a day, you may need to adjust your calorie intake and recovery nutrition is going to be very important. If you are working out for an hour or less, eating a healthy balanced diet should work well for you.



For more information on nutrition, fitness classes or personal training, contact

Sarah Heffron at Evolution nutrition & fitness Studio!

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