

3 REHYDRATE

When we exercise, our body temperature increases. Our bodies try to regulate this temperature increase through sweating which leads to a loss of body water. Too much body water loss can lead to dehydration which is associated with dizziness, headaches, fatigue, and more!

When exercising, show up hydrated, drink during your workout, and replace all water lost afterward.



WHAT CAN YOU DO?

- Eat carbohydrates within 60-90 min of completing your activity
- Eat 20-30g of protein after your exercise
- Drink 3 cups of water for every lbs lost during your workout



MEAL IDEAS

- Fruit smoothie made with greek yogurt
- Tuna wrap
- Chicken, veggie, and rice bowl
- Nut butter and english muffin
- Cheese and crackers
- Protein bar

NUTRITION FOR RECOVERY

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How eating the right foods after a workout can help you reach your goals!





WHY DO WE NEED RECOVERY NUTRITION?

During exercise, our body goes through many different adaptations. We use up our energy stores to fuel our activity. Exercise also stresses our muscles causing small tissue damage. We use our body water content to regulate our temperature through sweat and breathing. All of these adaptations can be balanced with proper post-workout nutrition. These are our goals:

- 1. Replenish energy stores**
- 2. Repair and grow muscles**
- 3. Rehydrate**

1 REPLENISH ENERGY STORES

During a workout, we use our saved energy stores, known as glycogen, for fuel. Glycogen is formed from the carbohydrates in our diet. After exercise, we have a window of opportunity where our body is best able to convert carbohydrates into glycogen. Therefore, we recommend eating carbohydrates *as soon as possible* after exercising.

Foods rich in carbohydrates include grains, dairy products, and fruit.

2 REPAIR AND GROW MUSCLES

Exercise causes stress to our muscles and leads to small tears and tissue damage. This is normal. However, we can use nutrition to not only repair that damage but also promote muscle growth. This is achieved through protein intake. After exercising our body can use the amino acids found in protein to promote muscle rebuilding.

Foods rich in protein include meat, fish, legumes, soy, and nuts.