



## **PRE- AND POST-WORKOUT NUTRITION**

Drink a minimum of 16 ounces of water 30 – 60 minutes before class

Drink a minimum of 24 ounces of water for every 1 pound lost from sweat after class

Eat foods containing carbohydrates and quality protein 30 – 60 minutes before class and within 2 hours after class:

- Oatmeal with fruit, slice of whole grain toast, milk and orange juice
- Eggs, whole grain toast, small fruit serving, milk and orange juice
- Healthy whole grain cereal with fruit added, milk and orange juice
- Whole wheat toast with peanut butter, serving of yogurt, milk and orange juice
- Turkey or chicken on whole grain bread with lettuce and tomato (can also add sprouts, olives, avocado, extra virgin olive oil or light salad dressing)
- Salad with variety of greens and vegetables and almond or sunflower seeds (can add pumpkin seeds or diced fruit)
- Grilled salmon, brown rice, steamed vegetables, and a green salad

A post workout snack or if running short of time pre-workout:

- Low-fat yogurt with fruit and granola
- Apple slices with cheddar cheese, almond butter or cashew butter
- Whole grain crackers with hummus
- Tuna on whole wheat crackers
- Whole wheat bagel with nut butter and a banana
- Organic nutrition bars
- Fruit smoothies that include:
  - Fresh or frozen fruit
  - Low-fat yogurt, milk or soy milk
  - Orange juice or acia juice or powder
  - Adding a serving of protein powder (to promote tissue repair)

Remember to eat more often in small amounts will help speed up your metabolism which in turn will help you lose and maintain your weight.

Don't starve yourself! Your body will store more fat, your metabolism will slow down and you will gain more weight!