



## Fueling your Engine for Exercise

A training schedule is not complete without paying attention to what we put into our bodies before, during and after exercise. Proper fuel and hydration on a regular basis helps you perform at your best.

### ***Before:***

- Within 60 to 90 minutes before exercise, eat a snack with carbohydrates that are easily digestible (i.e., bagel, toast, granola bar, banana) and wash it down with water or a sports drink.
- Drink 8 to 20 oz of water or sports drink within an hour of exercise.

### ***During:***

- Drink 4 to 6 “gulps” of water or sports drink every 15 to 20 minutes during exercise (1 gulp equals about 1 oz). Aim to finish 1 bottle (16 to 24 oz) per hour. For exercise less than 60 minutes drinking water is sufficient.
- In hot and humid conditions, a sports drink is necessary when exercising more than 60 minutes to replace electrolytes lost through sweat.
- If exercising for 90 minutes or longer, you will need some fuel in the form of carbohydrates and electrolytes, such as sports drinks, gel or a solid food like bananas, orange slices, raisins or gummy chews. Experiment in training so that you know what your body can tolerate.

### ***After:***

- Drink at least 16 to 24 oz of water or sports drink immediately after exercise.
- There is a 60-minute window after exercise where the body is at its peak for replacing your muscle energy stores. The snack should be primarily carbohydrate mixed with protein for the most benefit. Examples: low fat chocolate milk, yogurt with fruit; peanut butter on toast or bagel.

### ***Lesley & Ann's Daily Hydration Tip***

The best way to avoid dehydration is to regularly drink plenty of water and fluids throughout the day. Look at the color of your urine to determine if you are well hydrated or not. Pale or light yellow to clear color of urine means you are well hydrated. The darker the color, the more dehydrated you are. Thirst is not a good indicator of hydration status. Often by the time you are thirsty, it is too late.