

## EATING AND DRINKING BEFORE EXERCISE!

Why, what and when should I eat and drink before exercise? These are common and important questions that I guarantee each of you have considered at some point since you've starting training with Coastal Bodies! Therefore, we've developed a short yet useful 'tips email' which will hopefully answer some of your questions! Enjoy the read!

### Why should I eat and drink before exercise?

An appropriate amount of food and drink consumed before exercise not only insures an improved physical performance but can further allow for a psychological boost, enhancing mental performance throughout the duration of the exercise. In addition, being well hydrated and adequately fueled further allows for a more enjoyable and comfortable exercise workout, especially in hot conditions!

### What should I eat and drink before exercise?

Food and drink should:

- ✚ Be easy to digest
- ✚ Be rich in carbohydrates (\* see below)
- ✚ Be low in fat
- ✚ Provide adequate (not excessive) amounts of fluids
- ✚ Include those foods that are familiar and enjoyable to eat

(\*) Eating carbohydrate foods that are low in GI are digested at a slower rate allowing for a sustained energy release. This may help you to maintain an improved exercise performance for longer! Such foods can include baked beans, pasta, oats and fruit!

Here's some ideas!

- ✚ Breakfast cereal or porridge with reduced fat milk & fruit (Rice bubbles, Corn flakes & Nutragrain are low fibre options facilitating easy digestion!)
- ✚ Toasted bread, muffins or crumpets with honey or jam
- ✚ Baked beans on toast

- ✚ Pasta topped with low fat tomato based sauce
- ✚ Jacket potato with creamed corn
- ✚ Low fat cereal bar/muesli bar & banana
- ✚ Roll/sandwich with banana & honey
- ✚ Fresh fruit salad with low fat yogurt
- ✚ Fruit smoothie with low fat milk & yogurt (soy smoothie's are a good option too!)

### When should I eat and drink before exercise?

Usually 2-4 hours before exercise!

Those of you who train very early in the morning may be thinking "how can I possibly wake up 2 hours earlier just to eat a meal?" Please don't! Stay asleep!!! We suggest you eat a larger dinner the night before and a lighter snack or fluids 1 hour before exercise. Some suggestions include a low fat cereal bar/muesli bar, a banana or a low fat fruit smoothie.

Those of you who train later in the day, we suggest you eat normally in the earlier part of the day and taper off throughout the day so that you consume a light snack 1-2 hours pre-exercise.

### Extra tips:

#### What if I'm trying to lose weight?

The above advice still applies. An appropriate sized meal/snack will encourage better performance and may prevent you from overeating post exercise. When deciding what to eat or how much of something you should eat, keep in mind your nutritional goals and stay within there guidelines.