



## *Fueling your Body*

We understand that everyone is not created equal. Some of us love breakfast, some of us intermittent fast, some do Keto, then there is another group that has to watch what they eat. Maybe they have food allergies, they take certain medications, they have digestive issues, etc. Whatever the case may be we recognize that and respect it. We just want to provide you with some knowledge to help you if you are looking to find the best way to Fuel your body pre and post workout. This will help you recover more quickly, have more energy, see an increase in lean muscle, and an increase in metabolism.

It is often recommended that if you workout first thing in the morning to do so on an empty stomach. Exercising on an empty stomach is what's known as fasted cardio. The theory is that your body feeds on stored fat and carbohydrates for energy instead of food. However, you should really pay attention to your energy level. You may be someone that needs food to fuel you during your workout, which would help you burn more calories because you are able to push yourself harder. If you decide to eat before working out, choose easily digestible food. You will want to eat 1.5 to 2 hours prior to working out. For me I like doing cardio on an empty stomach. BUT when it comes to weight lifting I need fuel. If I do not eat something before I lift I tend to gas out early and I am usually not able to lift as effectively. This is what I have noticed for me. I highly recommend tracking how you feel and your performance to see what is best for you and your workout schedule. I would also highly recommend the clients that like to double up and do a spin class with a strength class eat something prior to their workout. That is a long time to ask your body to perform without fueling it. You then run the risk of your body breaking down muscle to use protein for fuel. Plus you will more than likely hit a wall.

To help you see the results you want from all the hard work you put in at Vicious we recommend eating a combination of carbohydrates, fats, and protein within 20 minutes to 2 hours after your workout. The primary goal of a post-workout meal is to supply your body with the right nutrients for adequate recovery and to maximize the benefits of your workout. You want to help fuel your muscles to build more lean muscle which will increase your metabolism. Choosing easily digested foods will promote faster nutrient absorption. Studies show consuming a recommended ratio of 3:1 (carbs to protein) is a practical way to achieve this. I have a hard time digesting carbs so I maybe do 2:1 - eat cooked veggies with protein, or a salad with protein on it. I am a big believer in healthy fats. They will help you feel full longer. They are also very good for your skin, nails, hair, brain, etc.

Sources ....

Lindber, Sara *"How to Exercise Safely During Intermittent Fasting"*

Cronkleton, Emily *"Is It Safe to Work Out on an Empty Stomach?"*

*"Center for Young Women's Health" "Sports and Nutrition: Fueling Your Performance"*

Semeco, Arlene MS *"Post-Workout Nutrition: What to Eat After a Workout"*