



RIGHT NUTRITION FOR WORKOUT@HOME

Given the pandemic situation, everyone staying indoors, lack of physical activity and inactiveness can lead to long term health issues. Hence following a simple yet dedicated exercise routine can help maintain optimum health.

Your workout routine may involve as simple as walking and light aerobic exercise to cardio and high intensity workouts. But, to gain maximum benefits, adequate pre and post workout nutrition is important.

Pre-workout

Pre-workout the role of nutrition is **FUELING**

1. Carbohydrates are the preferential fuel for general exercise.
2. Low fat and moderate protein should be consumed to reduce gastric disturbances.
3. Good pre workout food options includes oatmeal, wholegrain toast, fruits such as banana, apple, etc coupled with dry fruits.
4. Always start your workouts well hydrated.

During-workout

During-workout the role of nutrition is **PERFORMANCE**

1. For shorter periods of exercise, carbohydrate intake is not necessary.
2. For longer periods consuming carbohydrate snacks such as energy bars, sports drinks can prevent fatigue and delay hunger.
3. During exercise water should be consumed every 15-20 minutes to avoid early fatigue.

Post-workout

Post-workout the role of nutrition is **RECOVERY**

1. Carbohydrates should be recovered to restore glycogen.
2. Consuming proteins is very important to help gain recovery and prevent muscle loss.
3. Post workout food options may include egg whites, paneer, curd, fruits, smoothies, lean meat etc.
4. Rehydrate with water. The electrolytes such as sodium, potassium and chloride present help maintain fluid balance and blood pressure of the body.

Hydration is an important element throughout exercise

#Stayhomestayfit