



PRE/POST WORKOUT

fueling ideas

FUEL INTUITIVELY

FEEL GOOD

THE SOCIEATY

Pre-workout



The goal with pre-workout nutrition is to give your body the energy it needs to carry you through the workout! Workouts/movement are a celebration of what our bodies can do! And we need enough energy in order to celebrate, right?

Focus: When choosing pre-workout fuel, focusing on carbohydrates can be helpful! They will fuel your muscles quickly without causing an upset stomach. Foods that are higher in fats/fibers/proteins can sometimes cause an upset stomach when working out. This will be individualized for every person, so it's important to try things out and see what works best for YOU and what keeps you feeling your best while you celebrate what your body can do!

Post-workout



Fueling your body after a workout is a form of body respect! You are giving your body the nutrition it needs to recover from the celebration you just had! The goal with post-workout nutrition is to rebuild muscles (with protein) and replenish energy stores (with carbs)!

Focus: When choosing post-workout fuel, focusing on carbs + protein will help you do both! Replenish and rebuild. Pairing together carbohydrates and proteins can aid in recovery so you can go into the next workout feeling fabulous!

NOTE: It's important to note that sometimes working out impacts our hunger cues. You may not feel very hungry after a workout. This is a great time to use practical hunger as a form of body respect. Making sure you re-fuel does wonders for your body!

Pre-Workout Ideas

Applesauce

Cereal with milk

Yogurt parfait with granola + fruit

Toast/english muffin/bagel



Post-Workout Ideas

Chocolate milk

Turkey and cheese sandwich

Trail Mix:

Peanuts (or nut of choice)

Dried fruit

Chocolate

Smoothie:

1 cup milk of choice

1/2 cup yogurt

Peanut butter

Whole frozen banana



Fueling Journal

When you're first trying to figure out what pre/post-workout nutrition works best for YOU, it can be helpful to journal it out! Use this page as a way to make note of what foods feel good for fueling, and which ones may not feel as good for you.

Pre-workout fuel:

Workout (type, duration, intensity):

Post-workout fuel:

Feelings pre-workout:

Feelings during your workout:

Feelings post-workout:

Fuel Intuitively Perform well Feel good



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