

Snap into **ACTION!**

A healthy lifestyle is a balanced & active lifestyle!



Fuel with food

Most people don't need a special diet or sports supplements to exercise at their best!



Eat 1-4 hours before exercising!

Eat smaller meals or snacks closer to your work out.



Eat after your work out!

Eat within 30 minutes of finishing exercising to replenish your energy stores & repair muscle.



Include carbohydrates & protein!

Watch out for foods that are heavy & high in fat & fibre. Try...



Carbohydrates

Whole grain breads,
whole fruit or starchy
vegetables



Protein

Lean meats, eggs,
nuts/seeds & their
butters or legumes

Healthy hydration

Hydration is a key part of exercise! Drink enough fluid to *replace what you lose in sweat*.



Recognize the signs!

If you experience *tiredness, headaches or yellow urine*, your body is telling you it's dehydrated!

Fluid timeline

Confused about when & how much to drink?

before

.....
Drink 1-2 cups (250-500 ml) **4 hours** before you plan on exercising! If your urine is still dark **2 hours** before, drink $\frac{1}{2}$ - 1 $\frac{1}{2}$ cups (125-375 ml) of water.

during

.....
Sip on water every **15 minutes** during physical activity.

after

.....
Be careful not to overhydrate after exercise! Use your *thirst as a guide*.



Try to avoid *sugar-sweetened beverages* after your work out! Choose **water, sports drinks** or **milk** more often.

Questions or concerns? Contact SNAP at snap@uoguelph.ca!



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