**Snap into Action!**

A healthy lifestyle is a balanced & active lifestyle!

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**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

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**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 ½ - 1 ½ 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!