



I LOST IT AT THE CLUB TIP #1

DATE: 3/2/2010

Trainer Tip of the Week from Janet Caldwell

Pre and Post Workout Meals

PRE-WORKOUT MEAL:

Be careful not to eat too heavy before your workout - it'll bog you down. Here are some good options:

Protein shakes that have some carbohydrates as well are a great pre-workout meal - I personally have a protein shake with non-fat milk. It's not heavy and I'm able to digest it quickly.

Another treat is low-fat or non-fat yogurt mixed with berries and low-fat, high-fiber cereal.

If you absolutely hate breakfast, try to have at least some low-fat or non-fat yogurt or a piece of fruit.

POST WORKOUT MEAL:

Make sure you eat within 45 minutes after your workout for maximum muscle recovery. Just don't undo your entire workout by eating too many calories. Some great choices include:

Whey protein shakes with water or non-fat milk. Now is the time to throw in some fruit also if you like. Advocare makes a great recovery shake (visit the website at the end of the tip), and Janet Juice from our Smoothie Bar is under 150 calories, which won't sabotage your weight management by putting too many calories back into your body.

Oatmeal with non-fat milk and a banana or oatmeal with egg whites are good combinations.

A complete protein like quinoa - a great source of fiber and has all eight essential amino acids - very filling.

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