

HOPE – Summer 2015

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When and what should you eat *before* your HOPE session?

- ◆ Complex carbohydrates are #1 recommended food group to ingest prior to exercise.
- ◆ Complex carbohydrates “top off” stored muscle glycogen; this is important because the amount of glycogen stored in the muscle correlates directly with how long an individual can perform before exhaustion is reached
- ◆ Ideally you’d ingest your meal two hours prior to exercise but at least 30 minutes before is okay too.
- ◆ ***Ultimately eating is better, even closer, then not at all!***

What should you eat *during* your HOPE session?

- ◆ Ingesting food during exercise serves the purpose to delay fatigue
- ◆ Ingested food should only occur during prolonged exercise like running a marathon
- ◆ Ingesting food if there isn’t a direct need could result in hypoglycemia which would reduce power output by the central nervous system

HOW MUCH WATER SHOULD YOU DRINK WHILE EXERCISING



Drink 17 to 20 ounces of water 2 to 3 hours *before* you start exercising

Drink 8 ounces of water 20 to 30 minutes *before* you start exercising or during your warm-up

Drink 7 to 10 ounces of water every 10 to 20 minutes *during* exercise

Drink 8 ounces of water no more than 30 minutes *after* you exercise

Dehydration results in:

Physical and mental fatigue
Prolonged illness
Hangovers
Lethargy
Poor performance/cramps

Improved hydration with H₂ORS results in:

Greater physical/cognitive function
Enhanced health & wellbeing
Faster recovery
Natural energy
Extended performance

When and what should you eat *after* your HOPE session?

- ♦ A form of protein is recommended to be ingested after any exercise session because that is when muscle protein synthesis is at its highest (muscle protein synthesis is the driving force behind adaptive responses to exercise)
- ♦ Carbohydrates should be consumed within 30 minutes to replenish glycogen depending on what intensity and duration was performed

Example meals



♦ **MONDAY**

Before: Whole wheat toast with sliced banana and cinnamon

After: Chocolate milk, veggie omelet with avocado

♦ **WEDNESDAY**

Before: Oatmeal with fruit

After: Chocolate milk, salmon filet with low fat cream cheese on a bagel or English muffin

♦ **FRIDAY**

Before: Greek yogurt and trail mix

After: Peanut butter, banana, yogurt smoothie and whole wheat toast