Do you feel as though you can’t reach your desired fitness goals despite eating well? While eating nutritious foods and practicing moderation is important, it goes hand in hand with physical activity. When it comes to proper pre/post-workout nutrition, timing can play a role. With controversial information from Instagram “Fit-spos”, fake fitness news often makes its way to your feed. If Kanye’s Workout Plan is not quite doing the trick for you, take these pre/post-workout steps to

### Refuel, Rehydrate, and Repair

**Pre-Workout**

1. Try eating your pre-workout meals 1-3 hours prior to physical activity. Choose lean proteins like poultry, fish, eggs, beef, or tofu with a complex carbohydrate such as whole grain pasta, whole wheat bread, or a baked sweet potato.

2. 30-60 min before working out, eat a high carb snack such as: a banana, some graham crackers, or a bowl of cheerios, to “top off” glycogen stores (stored energy) and get you through your workout.

**During Workout**

Remember to stay hydrated before, during and after working out to avoid dehydration. If you are properly hydrated, urine should be between a pale yellow and clear shade.

**Post-Workout**

1. Replenish glycogen stores by eating carbs and protein after exercising. This will help you rebuild and repair those tired muscles. Head to the dining hall after your gym session and grab a good ole’ glass of chocolate milk, as it contains protein, fluids, and simple sugars. These are all important for optimal refueling.

2. Regardless if you work out in the morning, during the day, or at night, it is important to maintain a well-balanced diet from sunrise to sunset to help you reach your fitness goals.

---

**Cardio is Hardio**

Revised by: Christina Constantinou  
Reviewed By: Dr. Shawn Arent – IFNH/Department of Kinesiology and Health

References:  

---

DINING SERVICES  
food.rutgers.edu