

nutrition NEWSLETTER

JANUARY 2021

IT'S THE NEW YEAR!

Thinking about setting a new year's resolution to be more active in 2021? Being active is a great for our physical and mental health, whether you're doing an intense workout or going for a walk.

But don't forget that nutrition plays a key role in exercise, building muscle, and recovery. Check out the pre/post workout nutrition tips below to support your new goals for 2021!

PRE-EXERCISE NUTRITION

Before exercising, make sure your body is properly fueled:

- Try not to work out on an empty stomach. Research shows us that exercising on an empty stomach can decrease your exercise performance. If your stomach is sensitive, start with something small like a granola bar or a fruit smoothie!
- Aim to have a full meal 3-4 hours before working out consisting of carbohydrates and protein.
- Add a pre-workout snack to your routine 30-60 minutes before a workout for a quick burst of energy. Try fruit or toast with jam!

POST-EXERCISE NUTRITION

During exercise our bodies will dip into its energy stores, so it's important to replace them!

- Use the 3 R's of Recovery as a guide—Rehydrate, Refuel, and Rebuild
 - Rehydrate: water, water, water!!
 - Refuel: Include carbohydrates to replenish your energy stores such as whole grain bread, pasta, brown rice, or tortillas.
 - Rebuild: Protein to repair and rebuild muscles such as tofu, chicken, turkey, lentils, beef, and beans.
- Aim to consume a post-workout meal or snack with all three components within 30-60 minutes.
- The amounts will vary based on the intensity of your workout.
 - Less intense = less energy stores used = less nutrients needed for recovery!





Want to make your 2021 goals stick?

Try setting a SMART goal:

Specific: a more defined goal is easier to stick to.

Measurable: trackable goals help you know when you have reached them.

Attainable: Is your goal realistic?

Relevant: make sure your goal fits with your current lifestyle habits.

Time Based: Setting a time frame can help you know when you have reached your goals or if you need to adjust them!



Tip: Remember to be patient and positive with yourself, change takes time. Love yourself and the progress you do (or don't) make!

Homemade Granola Bars

(perfect pre/post work out snack!)

Ingredients: 8 servings

1 cup smooth peanut butter
or nut butter

2/3 cup honey

1 tsp vanilla extract

2 1/2 cups rolled oats

1/3 cup mini chocolate chips

3 tbsp pepitas or crushed peanuts



Directions:

1. Line an 8x8 pan with parchment paper
2. In a large bowl stir together peanut butter, honey, vanilla, and salt until smooth
3. Add the oats, chocolate chips, and pepitas. Stir until fully combined and press firmly into the pan. Use a second piece of parchment paper and the back of a measuring cup to help flatten the mixture. Chill for at least 1 hour, then slice into bars.
4. Store in the fridge and enjoy!

Recipe link: <https://www.loveandlemons.com/granola-bars-recipe/>



**FOR MORE INFORMATION,
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