August 2017 Newsletter

Turramurra Trotters
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Contents

The Newsletter

Re-cap of the month, plus announcements:

Thank you to John & Margaret Marshall for drink duties during August. Alex & Pam Rosser will be handling September and an advance notice for Julie Madden & Val Lombard who are on the list for October. **Whilst thinking ahead we do need someone for December, any takers? Please send me an email**.

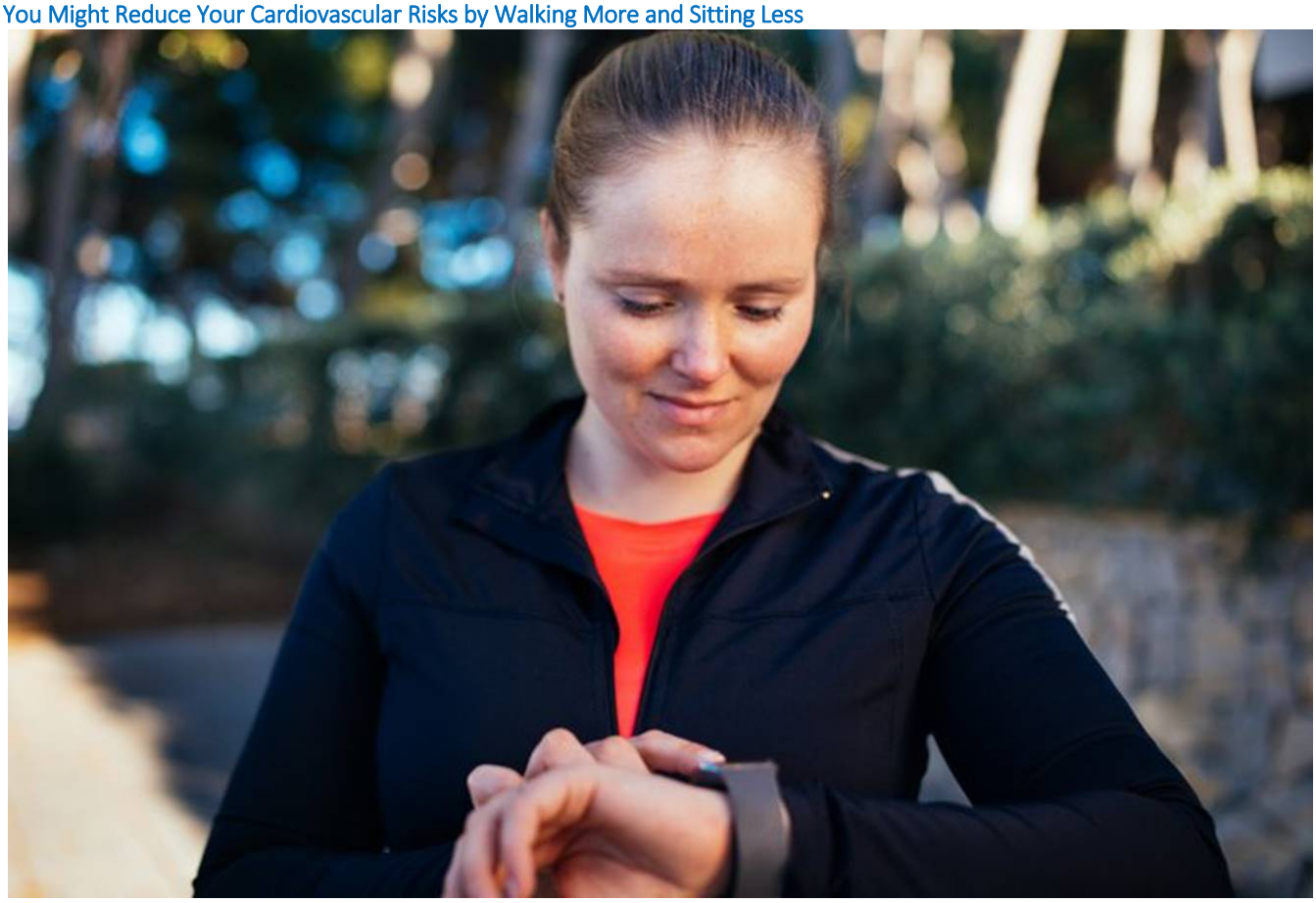
If you competed in the City to Surf would you please send me your (net) time so we can enter it in our "posterity" register.

Remember Blackmores Running Festival is on 17 September.

Regards
Alan

Should You Make 15,000 Steps per Day Your Goal?

You Might Reduce Your Cardiovascular Risks by Walking More and Sitting Less



If you own a pedometer or fitness band, it's likely that it has a suggested goal of 10,000 steps per day. But would you be smarter to set the goal at 15,000 step per day if you want to reduce your risks of heart disease and metabolic syndrome? A 2017 study of postal workers in Scotland suggests that the higher number is better, especially if you also spend less time sitting.

15,000 Steps per Day Show Benefits

The study of non-smoking postal workers in Glasgow, Scotland matched 55 office workers who had sedentary jobs with 56 delivery workers who were on their feet most of the work day.

Each wore a sophisticated pedometer for 7 days that tracked their steps as well as their walking speed and whether they were standing or sitting. They were tested to see what their indicators were of coronary heart disease risk.

The study found that those who spent more time sitting had a significantly higher risk for coronary heart disease, including a larger waist size, higher triglycerides, and lower HDL cholesterol. The postal workers who had zero risk factors were those who walked more than 15,000 steps per day or spent more than 7 hours a day standing or walking as opposed to sitting.

How Far Is 15,000 Steps?

In 15,000 steps you would walk 6.5 to 7 miles (10.5 to 11 km) depending on your stride length. At a brisk, continuous walking pace it takes 2 hours or a less. At an easier pace and with starts and stops as would be encountered by mail carriers, it would be about 3 hours a day of walking.

This amount of walking at work was noted as typical for nurses, restaurant servers, and warehouse workers in previous studies. But the average sedentary office worker may only log 1000 to 3000 steps during the work day.

The calories burned in 15,000 steps depends on your weight and stride length, but it's around 500 calories for a 130 pound person and 600 for a 160 pound person.

That can make a difference in your calorie balance if you control your eating and it can assist in weight loss or maintaining your weight.

Does This Mean 10,000 Steps Isn't Enough?

If you've been working hard to achieve 10,000 steps each day, don't think it is for naught. The risks of metabolic syndrome went down in proportion to the amount of activity each day. It's just that in this study, the best risk reduction was seen at 15,000 steps or greater.

It's also important to note that spending less time sitting was shown to reduce risks. It is possible to get 10,000 steps while sitting the rest of the time at work or at home. Many people ensure they get in enough time walking, running, or doing a gym workout to make their step goal for the day. But the time they spend sitting can be working against them and raising their health risks despite those bouts of activity.

Stop Sitting, Start Stepping?

The study found that less sitting was associated with a smaller waist size as well as lower risk of coronary heart disease. While the sample size was small, that ties in with other research that links sedentary behaviour with increased risks for cardiovascular disease and diabetes mellitus. Reducing sitting time and replacing it with a couple of minutes of activity every half hour or hour can help, as can spending more time doing low level activity such as slowly walking while using a treadmill desk.

Check How Far You Walk Each Day

If you want to boost your step count, start with where you are right now. You can count your steps using a pedometer or fitness band, or use the pedometer function built into your smartphone. There are several different pedometer apps that can help you access it. For example, if you use an iPhone, search for Activity in the Health Data app to see your daily steps taken while you carried your phone. If you have an Android phone, the Google Fit app is likely already installed and you can check it for your step count.

Within that day, were there hours you were less active?

One goal to reduce inactivity is to walk 250 steps each hour, which is two to three minutes of activity. Spot the waking hours where you were least active and think of how you can build at least a little more activity into that time.

How Can You Walk 15,000 Steps per Day Without an Active Job?

Once you see what your average steps are on work days as well as weekends, you can start to make changes to increase them. Start with where you are, such as an average of 6,000 steps per day on work days. Aim to add 2,000 more steps per day to that total most days. That is about an extra mile and 15 to 20 minutes of walking distributed throughout the day.

- **Take at least 250 steps each hour**, or 100 steps every 30 minutes throughout the day. This is a movement goal built into the newer models of Fitbit and Garmin fitness bands to help people break up stretches of inactivity. Over the course of an 8-hour workday and commute time, those extra bouts can add up to an extra 1,000 to 2,000 steps.
- **Spend work breaks moving**. You will also need to think about spending your work breaks walking so you can log 10 to 30 minutes of more continuous exercise at a time. If you don't want to break a sweat at work, these can be easy walks, perhaps even having walking meetings with colleagues or strolling with a fellow employee.
- **Make part of your commute on foot**. Sitting in the car, or on the bus or train is inactive sitting time. Is there a place you can park, or a stop you can use so you get in extra minutes walking? Is it possible to walk to work and ride home, or vice versa?
- **Look for active ways to spend at more of your evening.** If you normally spend the evening sitting, how can you be more active? You can start by continuing to ensure you get at least 250 steps each hour. Do a little light housecleaning and decluttering. Go for a quick walk around the block. Be the one who takes out the trash, walks the dog, or goes to get the mail.
- **Do more tasks on foot**. If you need something from the store or to mail a letter, can you go on foot instead of by car?
- **Find an active hobby or sport**. Golfing, birding, and playing Pokemon Go on foot are just some of the activities that will log plenty of steps while you are having fun.

These tactics can add 2000 to 4000 more steps to your day. Start with that and after you have a week of consistently achieving your new goal, you can then look for even more ways to build in extra activity.

Add Moderate-to-Vigorous Intensity Exercise Workouts

The minimum amount of moderate intensity exercise you need to reduce health risks and help maintain weight is 30 to 60 minutes per day, most days of the week. This is in addition to the steps you take at an easy pace. For weight loss and to prevent regaining weight, the goal should be 30 to 90 minutes per day, most days of the week.

These will be sessions of brisk walking, running, shooting hoops, or other activity. Here is where you'll log 5,000 to 12,000 steps. You can include cycling time, although you'll have to convert it to an equivalent number of steps.

Many fitness bands and apps track whether you are exercising at enough intensity for the session to be counted as moderate or vigorous. Making the goal of 30 minutes of moderate intensity or 15 minutes of vigorous intensity exercise each day can ensure you are getting the minimum needed to reduce health risks.

Numbers help you focus on a goal, and one study doesn't prove that 15,000 is a magic number. If you've been achieving 10,000 steps per day but would like to further reduce your health risks, look for ways to reduce your sitting time and ensure you get enough moderate-to-vigorous exercise each day. If you struggle to get to 10,000, find a way to add 2,000 steps to your daily average. Every step you take is a step in the right direction.

Why running is so beneficial for older women

Just as some things in life get easier with age, inevitably, there are other things that get harder.

Important things.

Like regenerating bone density.

It’s not exactly the hottest new trend for looking and feeling young and healthy in our 50s.

But it should be.

For many women, finding ways to regenerate bone density throughout our 20s and into our later years isn't always intuitive or even something we think much about.

That's when running, even into the postmenopause years, and other high-impact and weight-bearing forms of exercise can be crucial, says Ranit Mishori, a professor of family medicine at Georgetown University's School of Medicine.

Although women aren't considered to be in menopause until they've gone 12 months without a period, according to the National Institute on Aging, most women begin the transition to menopause between the ages of 45 and 55, and the process can last seven to 14 years.

That's because a key factor in menopause is the gradual decrease in some hormone levels, especially estrogen, Mishori says. This decrease in hormone levels begins as a woman approaches the end of her childbearing years, typically in her 40s.

Estrogen levels can drop so slowly that many women, distracted and busy with children at home and active in their careers, might not notice the changes until menopause or even postmenopause when symptoms such as hot flashes, weight gain and insomnia become most prominent.

Although these are the symptoms that the media might focus on, it's the bone loss that can be the most devastating, causing bones to become brittle and fragile, including weight-bearing bones such as the hip and spine, Mishori says.

We tend to think of our bones as, well, ossified, but they are living tissues that are constantly changing and growing, turning over cells, laying down new bone, and removing old bone as part of the physiological process. By postmenopause, the balance shifts such that we remove old bone more quickly than we make new bone, leading to an overall reduction in body bone mass over time.

If you can visualize how strengthening your muscles makes them bigger, you'll have a better understanding of how our bones can become stronger and denser if we put stress on them.

Our bodies build bone mass when we apply stress along the full length of our bones, which is what happens when we run, according to sports medicine specialist and physical therapist Kevin McGuinness, who practices at Washington Orthopedics & Sports Medicine. Bones build structure in response to the stresses applied to them, and for the weight-bearing bones, such as those in our legs and hips, you need to apply stresses while upright, working against gravity, in a weight-bearing fashion, he explained.

"The greater the stress, the greater the bone-building response," he said.

Because postmenopausal women lose bone density more quickly than similarly aged men, they are at greater risk of hip fractures, McGuinness said. Hip fractures in an older woman can cause complications that can hamper independence and lead to other issues, including respiratory and circulatory problems as a result of becoming more bed-bound.

"For women, it is very important to build a base of strength and bone density in your 20s and 30s, because it becomes much harder to generate new bone in your 40s, 50s and 60s," McGuinness said.

"Not that it's impossible to build it later in life, it's just more difficult," he added.

In addition to rebuilding bone density, running is also excellent for helping women address some of the other effects of menopause, says Mishori, a 51-year-old runner and former triathlete.

Running can reduce hot flashes, improve sleep and cardiovascular function, alleviate pain and discomfort associated with arthritic joints, and even help with cognition and depression, Mishori says.

“I absolutely urge women who run to continue running after menopause,” Mishori said. “And there’s no reason to not start running in your 50s.” Mishori tells her patients that they can start small, working their way up to one mile, then two and maybe even up to a 5K. “I know women who started in their 50s and 60s and are running half-marathons,” she said.

If running isn’t an option, McGuinness suggests resistance training (with or without weights) and yoga, which can build bone density as well as help maintain strength and motor control.

If you’ve been a runner since your 20s or 30s, Mishori says, you’re going to notice differences postmenopause.

For example, the body becomes less adaptive at digesting sugars, breaking down carbohydrates and regulating its temperature, Mishori said. This might mean that postmenopausal women consider fueling longer runs with fruit, such as a banana or dates, or using just half or even a quarter of a sport energy gel. And Mishori recommends bringing a frozen headband on your runs so that as it thaws it slowly releases cold water onto your hair and shirt. And bring light layers, she added.

As experienced and new runners age, we don’t recover as quickly as we used to, says Claire Bartholic, a five-time Boston Marathon qualifier, competitive masters athlete, and coach at Runners Connect, an online community of runners and coaches.

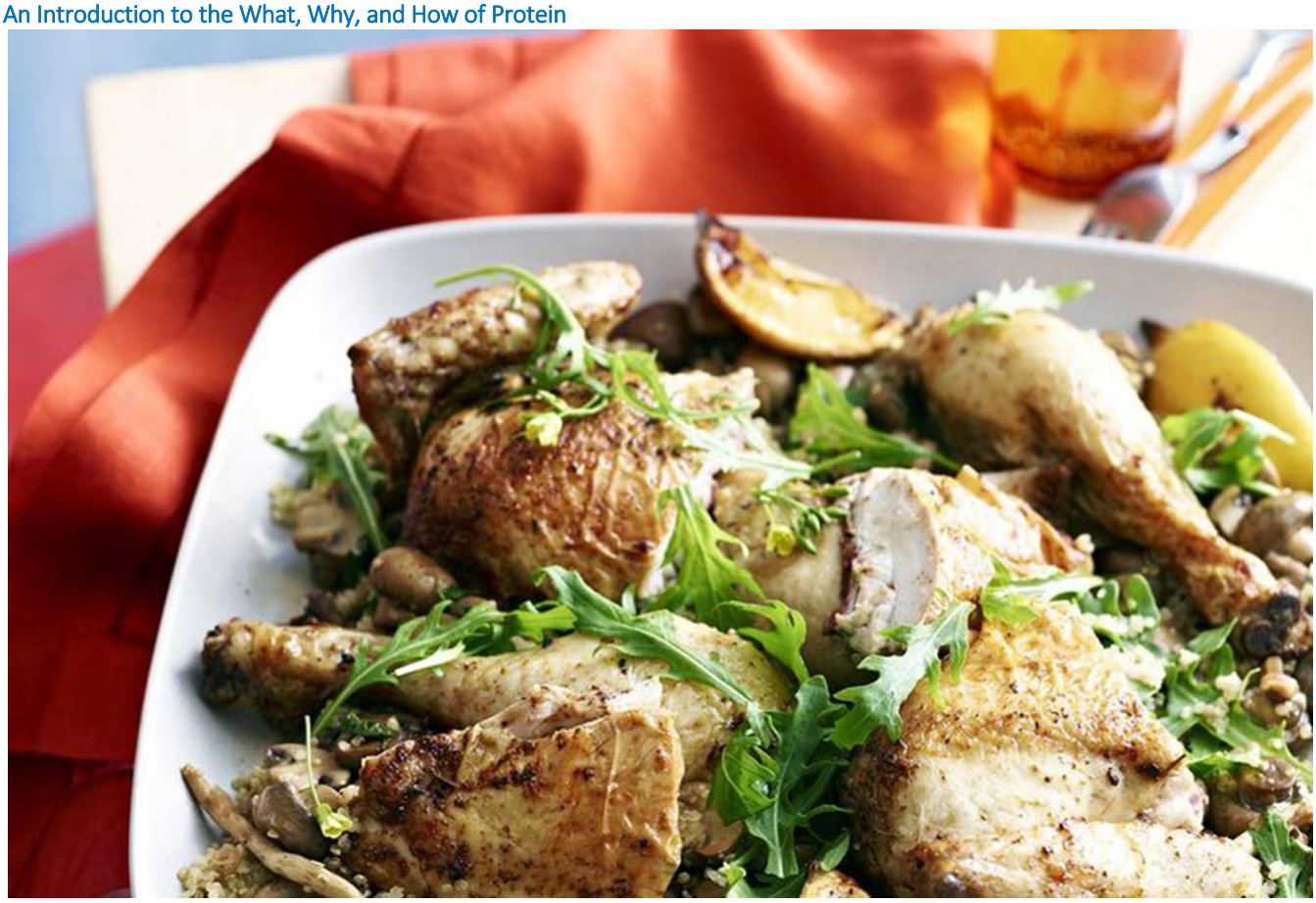
“If you raced on a Saturday in your younger years, you might have been able to do some speed work a few days later and have no problems,” she said. “Now we need to take our time and get back to some slower running, easier recovery running, to feel good again.”

Another effect of lower estrogen levels is that the body wants to store more fat just as it’s losing muscle, and fat slows you down, Bartholic said. This is important whether or not you’re a competitive runner if you enjoy participating in certain organized races, including the Marine Corps Marathon, which specifies that all runners maintain a 14-minute-per-mile pace across the course.

“You’d rather have lean muscle on board to keep you moving faster,” said Bartholic, who recommends regular strength-training sessions to all of her runners but especially to her postmenopausal runners.

What is Protein?

An Introduction to the What, Why, and How of Protein



There are 3 general classifications for food: protein, fat, and carbohydrate. This article is about protein. We'll talk about what it is, why you need it, how to get it, and how much you need in order to be healthy.

Why We Need Protein

Before we get into the details of what protein is, let's get motivated by appreciating what protein does. Our bodies use protein to build just about everything. Skin, hair, muscles, organs, even the hemoglobin in your blood is made of protein.

And the list goes on: The enzymes that break down food and spark chemical reactions in the body are proteins. Our immune systems depend on protein to make antibodies. Protein molecules aid the transfer of messages between the neurotransmitters in our brains. And many hormones, including insulin and other metabolism-regulating hormones, are proteins as well.

I bet you're thinking where's the protein? Let me at it. But before we go there, we should sneak in a little bit of science about what protein actually is. Protein molecules are made of smaller molecules called amino acids. There are twenty naturally occurring amino acids. Some names you might be familiar with are lysine, glutamine, and tryptophan. When you eat foods that contain protein, your body breaks those proteins down and reassembles the amino acids to create the protein structures it wants to make.

The human body can synthesize eleven of the amino acids it needs.
However, nine amino acids are called essential amino acids because they must be taken in from food. When a single food provides all nine (yes, it used to be eight) essential amino acids it is called a complete protein. Many foods contain high levels of some amino acids and not others. In that case, foods have to be combined in order to provide all nine amino acids.

When foods go together to create a complete protein profile they are called complimentary proteins.

Sources of Protein

Most people think of meat when they think of protein. And that's correct. Meat from land animals, fish, and fowl are all high protein foods. However, nuts, seeds, beans, and dairy products are high protein foods as well. And whole grains such as brown rice, whole wheat, quinoa, barley and amaranth; and some vegetables, like avocados and sprouts, can be significant sources of protein too. Meat, dairy, and eggs are complete proteins. To get a complete protein, most grains, nuts, seeds, and vegetables have to be combined. Rice and beans or corn and beans are famous examples of complimentary proteins. It is worth noting that you don't have to get all essential amino acids in one meal. Amino acids are not stored by the body but they do stay available long enough to be used and combined throughout a day. With so many sources of protein, eating a healthy, varied diet generally provides enough amino acids for the average person—even if they exercise.

How Much Protein You Need

People do have different protein requirements depending on their age, their size, their levels of activity and health.

However, those requirements are not as high and don't vary as much, as some of the popular hype around protein might lead one to believe. The U.S.D.A recommends 5.5 ounces of protein for women 19-30 years old. For all other women's age groups, they recommend 5 ounces. For men, 6.5 ounces for 19-30 years old, 6 ounces for 31-50 years old, and 5.5 ounces for over 51. 5 ounces is about 142 grams. 6 ounces equals about 170 grams.

Some nutritionists and the World Health Organization (W.H.O) believe the U.S.D.A standards are too high. The W.H.O recommends 8 grams of protein for every 20 lbs. for adults.

By those standards, an adult woman weighing 130 lbs. would only need 52 grams of protein - less than half of what the U.S.D.A. suggests. An adult male of 180 lbs. would need 72 grams. Again, less than half. The discrepancies between the U.S.D.A and the W.H.O may reflect special interest pressures on those groups. At any rate, one might surmise that the U.S.D.A numbers are at the top end of any reasonable scale.

As a reference, the U.S.D.A offers the following guidelines as to what serving sizes equal an ounce of protein: "In general, 1 ounce of meat, poultry or fish, ¼ cup cooked beans, 1 egg, 1 tablespoon of peanut butter, or ½ ounce of nuts or seeds can be considered as 1 ounce equivalent from the Protein Foods Group."

Protein and Exercise

With protein being the stuff of muscles, one might assume that those who exercise need a lot more protein, but this is not the case. First, it is important to know that protein is not the body's preferred fuel for a workout—carbohydrate is. Protein is important after a workout to repair and build muscle. But it doesn't take much more protein to do that—an ounce or two for most people who exercise at moderate intensity. For those engaged in intensive strength training or for endurance athletes, the recommendation is at most twice the amount of protein the average person needs. Read about protein for body building.

Protein Supplements

Another way to get protein in your diet is through supplements. Amino Acids can be found in pill form, individually and in complete protein combinations. More popular, however, are powdered proteins sourced from any variety of foods. Powdered whey (from milk) protein is very popular, as is soy protein. There are also protein powders made from rice, sprouts, even hemp. Many people find supplemental protein easy to digest and enjoy protein powders blended in health shakes as a way to get nutrition without bulk in the belly

How to Calculate How Much Protein You Need

It's important that we eat enough protein each day to cover our body's needs. There are two ways of calculating a person's protein requirements. The standard minimum amount of daily protein recommended is .37 gram per pound of body weight (or .8 grams per kilogram of body weight). Although, your own personal needs may vary based on multiple factors including your age, activity level, and weight loss goals, let's start off easy.

This first method of calculating your protein needs is simply based on your weight.

The chart below shows the minimum amount of protein you need based on the .37 gram per pound that the United States Institute of Medicine recommends. Athletes and heavy exercisers should probably double this amount, so I have included that in the chart.

Is There a Maximum Amount of Protein?

I don't include a maximum in the chart because the recommended maximums are usually calculated by the percentage of calories consumed, with the upper limit being 35%. This would be about 170 grams for a person taking in 2000 calories per day if they are not losing weight (people on weight loss diets should not go by percentage). In truth, people rarely have to worry about this maximum, as it has been noted repeatedly that people will naturally stop before this point. The body just does not "want" very high levels of protein in the diet, and people start feeling sick (or at least sick of protein) before getting too much.

If you only know your weight in kilograms, divide the 'weight in lbs' by 2.2.

Minimum Daily Protein Requirements

Weight in lbs.	Minimum Protein	Athletes Minimum
100	37 grams	74 grams
110	40 grams	80 grams
120	44 grams	88 grams
130	47 grams	94 grams
140	51 grams	102 grams

150	55 grams	110 grams
160	58 grams	116 grams
170	62 grams	124 grams
180	65 grams	130 grams
190	69 grams	138 grams
200	72 grams	144 grams
210	76 grams	152 grams
220	80 grams	160 grams
230	84 grams	168 grams
240	87 grams	174 grams
250	91 grams	182 grams
260	95 grams	190 grams
270	98 grams	196 grams
280	102 grams	204 grams
290	105 grams	210 grams
300	109 grams	218 grams

Lean Body Mass Method - There is another method of figuring out how much protein you need, depending on what your lean body mass and activity level are. I discuss that method here. Some experts feel that this is a more accurate technique since our lean body mass (that is, the part of our bodies that isn't fat) requires much more protein for maintenance than fatty tissue does, and how active we are also figures into it.

How Much Protein Do Athletes Need?

How much protein do athletes need for strength and endurance sports

You hear a lot about athletes and protein. And while it's true that some athletes who participate in strenuous exercise may have a slightly increased need to get some quality protein in their diet, it may not be as much as you think. All the energy we need to maintain our body and mind, as well as the fuel to help us exercise comes from the foods we eat and the fluids we drink,. To determine the right amount of calories, and nutrients to consume, it's helpful to consider how we use our energy stores on a daily basis and replace energy accordingly.

It's also helpful to understand the main groupings of nutrients in the typical diet. The macronutrients our bodies need the most are broken into three main categories:

- Protein
- Carbohydrates
- Fats

Each category of food is important for health and everyone needs to consume foods from each food group. The ratios in which we need to consume these foods, however, is often the topic of a debate, especially when it comes to athletes.

Sports Nutrition - Protein

Proteins are often called the building blocks of the body. Protein consists of combinations of structures called amino acids that combine in various ways to make muscles, bone, tendons, skin, hair, and other tissues. They serve other functions as well including nutrient transportation and enzyme production. In fact, over 10,000 different proteins are in the body.

Adequate, regular protein intake for athletes and non-athletes alike are essential because it isn't easily stored by the body.

Various foods supply protein in varying amounts with complete proteins (those containing 8 essential amino acids) coming mostly from animal products such as meat, fish, and eggs and incomplete protein (lacking one or more essential amino acid) coming from sources like vegetables, fruit and nuts. Vegetarian athletes may have trouble getting adequate protein if they aren't aware of how to combine foods.

Protein Needs for Athletes

Athletes fall into a slightly different category than the typical non-exerciser. An athlete uses protein primarily to repair and rebuild muscle that is broken down during exercise and to help optimizes carbohydrate storage in the form of glycogen. Protein isn't an ideal source of fuel for exercise, but can be used when the diet lacks adequate carbohydrate. This is detrimental, though, because if used for fuel, there isn't enough available to repair and rebuild body tissues, including muscle.

Recommended Daily Protein Intake

- The average adult needs 0.8 grams per kilogram (2.2lbs) of body weight per day.
- Strength training athletes need about 1.4 to 1.8 grams per kilogram (2.2lbs) of body weight per day
- Endurance athletes need about 1.2 to 1.4 grams per kilogram (2.2lbs) of body weight per day

The Importance of Carbohydrates for Athletes

Strength athletes believe more protein is important to build muscle. It turns out that strength athletes actually require a slightly higher carbohydrate intake to build adequate glycogen stores to fuel their workouts. It is the strength training workout that leads to increased muscle mass and strength. This is because all high intensity, powerful muscle contractions (such as weight lifting) are fueled with carbohydrate.

Neither fat nor protein can be oxidized rapidly enough to meet the demands of high-intensity exercise. Adequate dietary carbohydrate must be consumed daily to restore glycogen levels.

Suggested High Protein Foods for Athletes

Fish, 3 oz, 21 grams
Chicken, 3 oz, 21 grams
Turkey, 3 oz, 21 grams
Beef, 3 oz, 21 grams
Milk, 8 oz, 8 grams
Tofu, 3 oz, 15 grams
Yogurt, 8 oz, 8 grams
Cheese, 3 oz, 21 grams

Peanut butter, 2 tbsp, 8 grams
Eggs, 2 large, 13 grams

The Best Foods to Eat After a Workout

Working Muscles Need Proper Nutrition

Hard workouts require proper nutrition to refuel working muscles. In fact, what you eat post-workout is just as important as the fuel consumed prior to physical exercise. Common questions surrounding post-workout meals are what to eat and how long should we wait?

Before answering those questions, it's important to understand how your body responds to the demands of physical exercise.
During an exercise session, energy stores (glycogen) are depleted, muscle tissue is damaged, and fluids along with electrolytes are lost through sweat. Post-workout nutrients are essential for replenishing muscle glycogen depleted from physical demands. Another reason to eat an exercise recovery meal is to stimulate protein synthesis to repair and build new muscle tissue and restore fluid and electrolyte balance.

According to research, consuming the right amount of carbohydrates and protein is especially important after a workout. When to eat depends on the type of workout performed according to a few studies. Intense weight resistance workouts with a goal of increasing muscle size, it's suggested to consume 20-30g of lean protein and 30-40g of healthy carbohydrates 30-minutes after training. Lighter aerobic workouts with a goal to stay in shape, it's indicated eating a well-balanced meal with the same ratio up to one hour after exercising.

There are different theories regarding an anabolic window post-workout that is potentially lost if food isn't consumed within 30-minutes after resistance training. Although it's recommended to eat within an hour after weight training, some research indicates the anabolic window can last up to four hours post-workout. It appears the most important factor to our post-workout meal is not necessarily nutrient timing but just making sure we are eating the right foods for optimal fitness.

A Well Balanced Meal is Best Post-Workout

Essential nutrients are required after a hard workout with carbohydrates and protein being the main focus. Drinking plenty of water and sometimes a sports recovery drink is also necessary for fluid replenishment.

The intensity of the workout can help determine the ratio of carbohydrate to protein in our post-workout meal. The American College of Sports Medicine recommends an endurance athlete consume a 300-400 calorie snack with a 3:1 ratio. This equates to 75-100 grams of carbohydrate to only 6 grams of protein within an hour of exercise completion.

Low to medium intensity workouts are advised to follow a 2:1 carbohydrate to protein ratio consumed within an hour and no longer than two hours after exercise completion. This breakdown equates to approximately 50-75 grams of carbohydrates and 25-50 grams of protein.

Sports nutrition research recommends drinking 2 cups of water for each pound of body weight lost during a workout. Active adults typically don't weigh in after a workout, so a good rule to follow is drinking plenty of fluids during and after physical activity to avoid dehydration.

Meal Prep and Ideas

The post-workout meal doesn't have to be complicated nor does it require expensive shakes or supplements. The most important part of eating right is planning and preparing your meals. Your body will appreciate a meal ready to go when the workout is done.

Costly commercial recovery foods like protein powder can be purchased and some people opt for this convenience. However, it's just as easy and more budget-friendly to buy and prepare healthy food.

Great post-workout foods to have on hand include lean proteins, yogurt, quinoa, brown rice, whole grain wraps, power greens, nut butter, and fruit. You will have a ready stock of quality food for frequent meals to keep your body fueled after a hard workout.

Preparing our post-workout food is also part of the fun of maintaining a healthy body and lifestyle. Below is a sampling of meals that can be enjoyed after a great workout:

- Brown rice and boneless skinless chicken breast. Prepare with your favourite low-sodium spices or salsa for a fabulous recovery meal. This can be done in the crockpot, stovetop or oven. Some athletes prefer white rice over brown to reduce possible stomach upset.
- Power smoothie. Blend your favourite fruit with plain yogurt, almond milk, soy or favourite tolerated dairy, some water, and ice. A great boost of healthy fats can be added with a spoonful of your favourite nut butter.
- Egg scrambles. Easy one-skillet meals where one whole egg, egg whites, vegetables and sweet potatoes can be tossed with favourite spices and sprinkled with fresh black pepper.
- Pass the peanut butter. The all-American favourite sandwich on whole grain sprouted toast is a post-workout pleaser. Leave off the sugared jam and enjoy with a drizzle of local honey. This nutrient-dense meal contains quality plant protein, healthy fat, and high fiber.
- Check the leftovers. What you cooked the night before is calling your name and ready to refuel that body. Do you have cooked quinoa ready to go? Toss on salad greens and sprinkle with balsamic for a well-balanced meal.
- Wrap it up. Whole grain high fiber wraps are a great start to a wonderful recovery meal. Add some fresh avocado, lean meat of your choice, greens, beans or whatever suits the theme of the wrap, roll up and enjoy.

Additional snacks to enjoy recommended by the American Council on Exercise:

- Non-fat Greek yogurt with ½ cup fruit or banana
- Banana with 1tbsp almond or nut butter
- Low-fat chocolate milk
- 4 ounces of albacore tuna on 1 slice whole grain toast
- Whole wheat English muffin or whole wheat pita topped with slice of low sodium turkey meat and hummus
- Protein shake with 2 scoops whey protein and ½ banana blended with water

Learn What Foods Work Best for You

Finding what healthy foods work best for you post-workout will be through trial and error. Having a nutritional strategy in place will create the success of your food plan post and pre-workout.

Eating the right foods to build a better body post-workout will be the most important part of achieving your goals. Other suggestions are not to skip meals and remember to drink plenty of water.