



How *Physical Activity* Affects Your Health



What To Eat *Before & After* A Workout

Pre-Workout Options

1

EAT A NUTRITIONALLY
BALANCED MEAL
1-2 HOURS BEFORE
WORKOUT

OR

2

EAT A SNACK
60-90 MINUTES
BEFORE WORKOUT

EXAMPLES



HEARTY
SALAD



LETTUCE
WRAP



BANANA
CHAI SEED
CUSTARD



SMOOTHIE



OMLET

EXAMPLES



FRUIT &
YOGURT



PROTEIN
SHAKE



PEANUT
BUTTER &
APPLE



FRUIT &
COTTAGE
CHEESE



BANANA & ALMONDS

Post-Workout Options

1

SNACK IMMEDIATELY
FOLLOWING A WORKOUT

OR

2

MEAL IMMEDIATELY
FOLLOWING A WORKOUT

EXAMPLES



PROTEIN
SHAKE



KEFIR
OR MILK



DRIED FRUITS
& NUTS



BANANA

EXAMPLES



QUINOA
SALMON



BLACK BEAN
& RICE SOUP



TOFU STIR
FRY &
BROWN
RICE



SWEET
POTATO &
CHICKEN

Don't Forget To Hydrate!



3-4 HOURS
BEFORE
WORKOUT



15 MINUTES
BEFORE
WORKOUT



DURING
WORKOUT



30 MINUTES
POST WORKOUT