Fueling for Exercise

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Are you getting enough?!

- Do you have significant hunger before walks or during the beginning to middle of your long walks?

Fuel providing nutrients

- Carbohydrates – fast energy (high performance) and vital
  - Majority of Calories
  - Needed to maintain blood sugar

- Fats – slow burning fuel (low performance)
  - Slower digestion rate
    - Focus on healthy dietary fats

- Protein – last resort fuel
  - Important for building and repairing muscle tissue

Overview

- Nutrients that provide fuel for the human body
- Water
- Optimal fueling times
- Fueling for training walks
- Fueling for race day
- Questions/comments

H₂O

- Vital for performance
  - Dehydration can negatively affect performance

- Drink enough water ALWAYS to produce clear-ish urine about every 2 hours
  - How can you increase your water intake everyday?
  - Conditions will dictate water needs

- Hydration tips during exercise:
  - Cold absorbed faster
  - Small volumes absorbed faster
Make sure you are fueling your exercise throughout the day:
- Eat regular meals and snacks
- Aim for 3 food groups per meal

Start your exercise with a full tank:
- A good pre-workout food:
  1. Low fat
  2. Moderate in CHO and PRO
  3. Low fiber
  4. Contains fluids
  5. Made up of familiar well-tolerated foods

Filling the fuel tank:
- Eat 2-4 hours prior:
  - Something low fat, low fiber, moderate in CHO and PRO
    - PB & honey on toast + skim milk
    - Oatmeal with brown sugar & walnuts + skim milk + banana
    - Turkey and cheese sandwich + fruit + side salad
    - Smoothie + granola
    - Instant breakfast drink + fruit
- Snack 30-60 minutes prior:
  - Something with more simple CHO
    - Sports drink
    - Fruit or fruit juice

Something is better than nothing!!!
- If you are up early to exercise, still EAT something!

During exercise fueling:
- For exercise lasting 1+ hours:
  - Eat 30-60 grams carb rich foods/supplements every hour (lean more towards 30 grams for training)
    - Honey, sports gels, banana, granola bar
    - Try small amounts every 15-30 minutes
    - Be sure to hydrate during especially when eating

After exercise fueling:
- Rehydrate
  - Carbs + about 10-20 grams of protein 30-60 minutes after moderate to strenuous exercise lasting longer than 60-90 minutes
    - Smoothie with yogurt and milk
    - Banana with chocolate milk
    - Power bar
    - Yogurt and granola
Fueling for training

- A good time to work through race day fueling techniques
  - Find things that work get rid of things that don’t
- Evening walks
  - Make sure you eat throughout the day and eat a snack prior
- Morning walks
  - Make sure you eat dinner the night before and eat something prior
- Training lasting 1+ hours – fuel during and after
  - For training less than 1 hour, a light snack after is OK
    - Yogurt, granola bar, etc. or just eat a meal within about an hour

Fueling during race day

- Not a time to try new things
- Vital to eat a good meal the night before
  - Don’t experiment here either!
- Vital to eat something in the morning
  - Nerves?
- Vital to eat throughout the race
  - Every hour or small amounts every 15-30 minutes
    - 30-60 grams of carbs/hour
    - Drink water!
    - If it’s hot, drink some gatorade
    - Caffeine?!