



Change your **Life**...not just your **Body**!

Pre-Training Nutrition Timing

- **Nutritional timing is a training tool itself** and just as important to you as the exercises themselves. Here are a few simple guidelines that will help your metabolism work hard at burning fat and maintaining lean muscle mass even when you are not in the gym. **Eat every 3 hours to burn fat!**
- If we are working out in the morning, try to eat at least an hour before. Egg whites with vegetables are ideal but you can always rely on toast, peanut butter, bananas and honey. Drink at least 16-18oz of water an hour to 45 minutes before working out.
- If we are working out later in the day, eat at least 2-3 hours before the workout. This is where it is ideal to have more complex carbs and allow your body to start converting the carbs to stored energy for your workout. Things like pasta, potatoes or rice are great. **Stay away** from processed or fried foods, as these types of foods will convert to waste and fat **not** an energy source.
- I cannot stress how important breakfast is for your body and overall daily outlook whether working out or not. Be sure to give your body the fuel it needs to start the day. Fruit is essential for your body in the morning and early afternoon.
- Have a **protein drink 1.5 hour to 1 hour before** the workout. This will allow your muscles to work and your body to burn fat at a high rate and better fluid retention during workouts.
- Protein drinks should not contain sugar, fructose or corn syrups or any other type of sweeteners. Try different ones and get what works best for you.
- Bring at least 36oz of water or an electrolyte rich recovery drink with you for every training session.



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Post-Training Nutrition Suggestions

- Your body goes through a stress and trauma anytime you exert energy and it is up to you to help it repair through supplementation of necessary nutrients.
- Within **30-45** minutes after your workout consume a liquid protein drink, that has a ratio of 3 carbs to 1 protein and an electrolyte/antioxidant rich drink. This will enhance recovery, allowing the body to spend more time building muscle rather than repairing. The primary function of protein is to build and repair body tissues and structures. Electrolytes and antioxidants will help your body replace fluids and reduce/repair free radicals.
- The next six hours after exercise is critical to recovery for your muscles. With your metabolism, running high after exercise, your body will be looking for energy to keep repairing itself. Carbs are one of our main sources for glycogen, which is the backbone to glucose. Glucose is your main source of muscle energy.
- Drink at least 64-96oz of water per day. Keeping your body hydrated every day, especially out here in the desert of Sin City, is absolutely necessary.

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