

# WEEK THREE:

## EXERCISE NUTRITION

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Welcome to week **THREE** of cbPT weekly learning modules. This weeks module is specifically about exercise nutrition, we will look at your lifestyle nutrition later in the modules. I often see clients that don't understand the importance of pre- and post-exercise nutrition. In lay terms, it's pretty certain if you eat a pie before you train you will feel like death/ or if you fail to eat post training muscle soreness is prolonged and you end up eating a packet of muesli bars a few hours later.

During exercise your body will first access glucose out of your blood for energy. As exercise duration increases and you use most of your blood glucose, your muscles will then release glycogen (this is the name for glucose that is stored in muscle) into your blood system to help increase your blood glucose back up so you have enough energy to continue. In exercise that is prolonged 60 min + your muscle glycogen stores will start to run low and therefore the last energy source your body should use is fat. When your body utilises fat as an energy source you get the best hit of energy you possibly can.

### Why is understanding energy sources important?

Often when you feel like you have hit a wall or you have no energy for your session it is because you have started with low blood glucose and/or your glycogen stores are low. Hence why carbohydrate (CHO) based snacks pre- exercise are important for starting with an increased blood glucose level so you have more energy to burn for longer. Post-workout you need protein to help repair the muscle mirco damage, BUT also some CHO to help replenish your blood glucose + glycogen stores (your muscles will pull the glucose out of your blood back into your muscle to store it for next time). If you want to feel strong and confident during your sessions don't skimp on your nutrition. We will investigate the pro's and cons of fasted vs non-fasted training at a later date- remember we need to get the simple things right first!



**THINK:** This is why following a prolonged endurance session or race you often weigh a few kilograms heavier for 7-10 days. Water will bind to the glucose in your blood and be pulled into your muscle to refill your glycogen stores back up to capacity. Once they are full, water will then disperse back out of the muscle into your circulatory system to be dumped and you will wake up one morning and feel like you have lost 2-4 kg.

**CASEY BROWN PERSONAL TRAINER.**

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**MONDAY TASK:** I want you to start with the heading '1. Exercise' sector in the diagram below and move around the diagram in a clockwise direction.



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**MONDAY TASK:** Jot down **3 pre + 3 post** exercise snacks that you know **you are able** to prepare with ease and intake with no gastrointestinal issues. Here are some ideas:

### PRE- EXERCISE

45 MIN-2 HOUR+ CHO RICH SNACK.  
INDIVIDUAL TIME PREFERENCES WILL  
BE BASED ON G.I FUNCTIONING.



#### THINK...

Efficient fuel that you know your body can process without any disruption when you start moving.

### POST- EXERCISE

30-60 MIN POST PROTEIN+CHO SNACK



#### THINK...

Convenient and fast choices that you can get in as soon as you have finished. Time is crucial for the best recovery. 30 min is optimal, upto 60 min is OK.

### CARBOHYDRATE

WHOLEGRAIN CRACKERS  
BANANA  
KUMARA  
WHOLEGRAIN PASTA/ BROWN RICE  
NUTS/ DRIED FRUIT  
MUESLI/ OATS  
SMOOTHIE: FRUIT/YOGHURT/MILK  
NUT BUTTER ON WHOLEGRAIN TOAST

### PROTEIN

WHOLE MILK  
YOGHURT  
COTTAGE CHEESE  
CHICKEN/ TUNA/ RED MEAT  
TOFU/ CHICKPEAS / LENTILS  
EGGS  
NUT BUTTER  
BROCCOLI/ SPINACH/ EDAMAME

### PRE WORKOUT SNACKS

- 1.
- 2.
- 3.

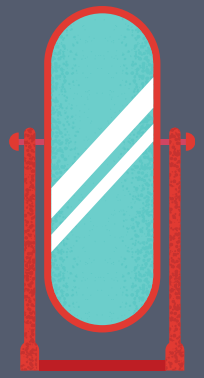
### POST WORKOUT SNACKS

- 1.
- 2.
- 3.

# WEEK THREE:

## SELF-REFLECTION

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**SUNDAY TASK:** Reflecting back on your nutrition around exercise sessions this week. Answer the below questions;

1. What did you learn about your body's physiological demands and needs in relation to exercise?

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2. What changes did you make to your pre- and post- workout nutrition?

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3. Did you feel different in any way from making these changes?

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4. Do you think it's going to be hard to continue to implement these changes?

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5. Is there anything further you need/ want to work on in regards to exercise nutrition?

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