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Fueling yourself properly before a workout is crucial to preventing gastrointestinal issues, feeling sluggish and cramping up. Eating well after you work out helps your body recover and grow stronger. If you don't have a workout nutrition plan, it's a good idea to make one.

Every body is different, so you'll ultimately have to find out what works best for you and your fitness routine, but use this guide to audit and improve your workout nutrition.

#### **Proper Hydration Is Key**

Working out and sweating go hand in hand, so it's important to make sure your body is properly hydrated. Aim to drink [half your body weight in ounces](#) every day. If you work out in the morning, drink up before bed and have a glass of water first thing when you wake up.

#### **Pre-Workout Nutrition for Energy**

Meals should be eaten 1 to 3 hours prior to your workout so your body has ample time to digest. Eat a combination of [healthy carbohydrates and protein](#). The carbs break down fast to fuel your body with energy, and protein prevents muscle damage. Try these ideas:

- Whole-grain bread with nut butter
- Apple or banana with nut butter
- Oatmeal with fruit

#### **Post-Workout Nutrition for Recovery**

Plan to eat a snack [15 to 20 minutes](#) after your workout. Again, eat a combination of carbohydrates and protein to rebuild and repair your muscles. Your muscles' ability to repair soon after your workout is vital to building strength. Try snacking on:

- Yogurt with berries
- Fruit smoothie
- Turkey and veggie wrap

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