



# Pre & Post Workout Nutrition Webinar



This interactive training will provide research-based information focused pre & post workout nutrition. The concepts discussed are general guidance as individual needs may vary based on training style, body composition, and training goals. In this handout, you will find space to take notes and resources from the webinar.

1. What is your goal for training & how is your nutrition impacting your training?
  
2. One of the most neglected nutrients is: \_\_\_\_\_  
More tips to help increase this nutrient are [available online here](#)
  
3. 3-4 hours prior to exercise or an event, nutrients may be similar to a normal meal and include moderate protein and low fat, yet limited in fiber to reduce GI issues.
  
4. 30-60 minutes prior to exercise, the purpose of nutrients is to provide \_\_\_\_\_  
Ideas for this can be found in the [snack matrix here](#)
  
5. Post exercise nutrition is important because:  
\_\_\_\_\_
  
6. Post exercise nutrition should typically contain about \_\_\_\_\_ grams of protein in a ratio of \_\_\_\_ parts carbohydrates to \_\_\_\_ parts protein.
  
7. Post exercise nutrition ideas might include:  
\_\_\_\_\_
  
7. Pre-exercise nutrition bars should typically be \_\_\_\_\_ in carbohydrates and \_\_\_\_\_ in fat, protein and fiber as they are for the purpose of quick energy.
  
8. Meal bars should consider the calorie count with ample protein with \_\_\_\_\_ to keep one full and curb appetite longer after consuming.
  
9. See the [webinar recordings](#) for more information on the following topics:
  - a. Quick and Easy Food Prep
  - b. Recharge Tactics: strategies to Reset, Plug in & Perform Better

**Key Takeaways & Notes:**

### Upcoming Webinars:

- **Budgeting Basics:** Thursday August 6 at [10am to 11am CST](#)
- **Credit 101:** Tuesday August 11 at [10am to 11am](#)
- **Mastering the Concept 2 Rower:** Thursday August 13 at [10am to 11am](#) and [12pm to 1pm CST](#)