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Tips from the trainer: Nutrition important

A common misconception among workout novices is the belief that undergoing an exercise routine means nutrition becomes less important. Nothing could be further from the truth.



Health & Fitness
Q & A

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Following a well-balanced meal plan during exercise is the best way to maximize the effects of training. During exercise, the human body undergoes actual

physical trauma. Muscles become torn, joints become worn, and bones get stressed. All this is a good thing, *as long as the body is consuming sufficient nutrition to allow for repair.*

Here's how to eat to support fitness; specifically, what should be consumed before and after workouts.

Before a strength-training workout, consume some com-

plex carbohydrates and protein approximately 60 minutes before training, and wash it down with a big glass of water. The carbs will fuel your body for endurance, the protein will provide anti-catabolic amino acids to reduce muscle breakdown during exercise. Before a cardiovascular workout, consume nothing except water.

After a strength-training workout, consume protein, complex carbohydrates and simple carbohydrates as soon as possible. Bringing a protein shake with you is a good idea. After a strength workout, the human body craves nutrition. Simple carbohydrates cause the body to release insulin, which triggers a strong nutrient assimilation response (meaning your body pushes the nutrition into your hungry cells). The complex carbohydrates give you energy, and the protein provides anabolic amino acids to help muscles recover. Follow the same plan for cardiovascular training, except wait about 30 minutes after exercise before eating.

Good choices for simple carbohydrates include berries, honey, grapefruit or a banana. Good examples of complex carbohydrates include oatmeal, whole grain pasta, sprouted bread, and whole wheat wraps. Good examples of protein include eggs, tuna, almonds, chicken and protein shakes.

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