March 2015
Why is Nutrition Important?

Combined with physical activity, a healthy diet can help you to:

* Maintain a healthy weight
* Reduce the risk of certain chronic diseases (such as heart disease and cancer)
* Promote your overall health
A good pre-workout meal should provide the body with enough energy to make it through the whole workout.

Morning pre-workout example meal: oatmeal, whole grain toast, eggs, and a piece of fruit.

Good pre-workout meals should be high in carbohydrates & protein, & low in fat.
Healthy Food Examples
Pre-Workout Meals

- Make sure to hydrate with water before you begin a workout

- Avoid eating foods that are high in saturated fat; they are slow-digesting & take away oxygen- and energy-delivering blood from your muscles

- To provide your body with energy, eat healthy carbohydrates such as whole grain pasta, brown rice, fruits, & vegetables
Healthy Living

Your body is a finely tuned vehicle, give it good fuel and it will take you places.
Post-Workout Meals

- Rehydrate with water after your workout is completed.

- Make healthy carbohydrates a part of any post-workout meal. After your workout, your body can turn carbohydrates into energy that helps with recovery.

- Include protein in your post-workout meal - it helps to repair & to grow muscles that were broken down during exercise.
Protein and carbohydrates are needed after a workout to help **repair** muscles, **replenish** the body's glycogen stores, and **prevent** muscle soreness.

The key here is to **replace** both carbohydrates and electrolytes lost during a workout.

- Chocolate protein shake with protein powder, skim or soy milk, and a banana.
- Half an avocado stuffed with cottage cheese and tomato.
- Banana sliced lengthwise and spread with peanut or almond butter.
- Mango smoothie with mango chunks, vanilla yogurt, ice, and honey.
- Spinach salad with a sliced chicken breast.
- Sliced apple with a handful of walnuts.
Keys To Hydration

❖ 1 - 2 hours before you workout, drink 15 - 20 ounces of water

❖ 15 minutes before you begin, drink 8 – 10 ounces of water

❖ During your workout, drink another 8 ounces every 15 minutes
“EAT well
MOVE daily
HYDRATE often
SLEEP lots
LOVE your body
repeat for LIFE”

Anonymous

Good nutrition will prevent 95 per cent of all disease.

-Linus Pauling
Nutritional Recommendations For Men Over 51 Years Old

Daily Recommendations Include:

- **Vegetables** - 2 ½ cups
- **Fruits** - 2 cups
- **Protein** - 5 ½ ounces
- **Whole Grains** - 6 ounces
- **Dairy Products** - 3 cups
- **Water** - 13 cups
Nutritional Recommendations For Women Over 51 Years Old

Daily Recommendations Include:

- **Vegetables** - 2 cups
- **Fruits** - 1 ½ cups
- **Protein** - 5 ounces
- **Whole Grains** - 5 ounces
- **Dairy Products** - 3 cups
- **Water** - 9 cups per day
Planning For A Healthy & Nutritious Lifestyle: Keys To Success

When:
12:00 pm on Wednesday, March 18th

Where:
The Learning Center at the LifeFit Center @ The Beach

Presented by:
Lisa Nguyen, Erin Moore, & Jennifer Ratanapratum

For more information, contact Heather Mazzei at heather.mazzei@csulb.edu or 562.985.2087
Let us help you BE THE NEW YOU for the NEW YEAR!

Saturday, March 21, 2015
9:00am – 1:00pm

TO REGISTER and for more info about Mychal’s Learning Place, go to: www.mychals.org

C4M will be held at the LifeFit Center @ The Beach, 1250 Bellflower Blvd., Long Beach, CA 90840

Cycle4Mychal’s
HAVE FUN, BE FIT, AND HELP OUT!

Looking to have fun while working out and be philanthropic at the same time? Cycle4Mychal’s is geared to help improve the individual programs that make Mychal’s Learning Place one of a kind.

C4M is a 4 hour event where you can ride a spin bike or Krank cycle with your friends while joining the community to raise money for a fantastic organization!