

FUEL FOR ACTIVITY



Our diet significantly impacts our physical activity performance and recovery. It is essential to view food as fuel to achieve specific fitness goals. For instance, muscle building and endurance training benefit from proper fueling.

Carbohydrates are important for supplying immediate energy during high-intensity workouts or when hungry after a long gap between meals. Carbohydrate-based snacks containing lean protein can replenish depleted energy stores and help repair muscle damage after a workout. Consulting with a Registered Dietitian can support a personalized plan to meet your needs.

Carbohydrate containing foods for pre-workout:

- Fruits or applesauce
- Banana and almonds
- Nut Butter and Jelly Sandwich
- Oatmeal with fruit
- Toast with fruit preserves
- Cereal (dry or with milk)
- Half of a sweet potato
- String cheese and whole grain crackers

Protein and Carbohydrate foods for post-workout:

- String cheese with fruit
- Wheat bread turkey sandwich
- Tuna on whole grain crackers
- Hard boiled eggs & crackers
- Lentils with rice
- Low fat chocolate milk
- Cottage cheese with fruit
- Greek yogurt with fruit or granola



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



**EAT WELL.
LIVE WELL.
BE WELL.**

Nutrition Coaching YMCA of Greater Waukesha County

Transform your lifestyle with
personalize nutrition coaching!

- Achieve optimal health
- Manage chronic diseases
- Reach your wellness goals

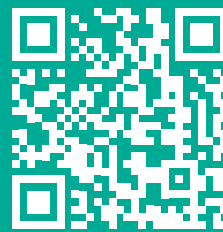
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our 1:1 Nutrition Coaching, available
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personalized plans to suit your
unique needs. Our comprehensive
coaching covers various essential
topics including:

- Healthy diet foundations
- Meal planning
- Eating Triggers
- Disease prevention
- Weight Management

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60-Minute Sessions

\$55/Member per session

30-Minute Sessions

\$35/Member per session