

Fitness Tip of the Month!!

Timing of workouts/meals

- ❖ Hydrate before, during, and after your work
 - Water helps replenish electrolytes when you exercise!
- ❖ Eating 30-60 minutes post workout is very important for muscle repair/prevents over soreness
- ❖ Make sure the post workout meal contains protein!
 - Each plan is different, talk to nutrition for help in regards to your specific plan!

