



One to One Personal Training

With
Lorraine
Living life to the full...



Eating/ Drinking Before or after training

Ideally, you should have a light meal 2 - 4 hours before your workout, according to a study at the University of North Carolina in the US. This will allow you to exercise longer and perform better.

Slow-burning or low GI meals - these produce a gradual rise in blood sugar levels- help spare muscle glycogen and avoid problems of low blood sugar levels during long training sessions, according to studies at the University of Sydney.

Eating protein or fat with a high GI carbohydrate will lower its GI - for example a slice of bread with butter or cheese has a lower GI than bread on its own.

Pre-workout meals (to be eaten 2 - 4 hours before exercise)

- . Sandwich/ roll/ bagel/ wrap filled with chicken, fish, cheese, egg or peanut butter.
- . Jacket potato with beans, cheese, tuna, coleslaw or chicken
- . Pasta with tomato-based pasta sauce and cheese
- . Rice or other grains with chicken or fish and vegetables
- . Porridge made with milk
- . Wholegrain cereal (e.g. bran or wheat flakes, muesli or Weetabix) with milk or yoghurt

Pre-workout snacks (to be eaten 1 - 2 hours before exercise)

- . Fresh fruit
- . Dried apricots or sultanas
- . Smoothie (home made or ready-bought)
- . Yoghurt
- . Shake (homemade or a commercial meal replacement shake)
- . Energy bar; cereal bar or breakfast bar (without hydrogenated fat)
- . Fruit loaf or raisin bread



Drinking before Training

Don't go for gold

Watching your urine is the best way to check your body's hydration. Dark gold-coloured urine is a sure sign that you're low on fluid. Drink plenty of water and aim for light-yellow coloured urine.

Beat your thirst

Drink before you get thirsty. By the time your thirst mechanism kicks in you will have lost around 2% of your body weight as water.

Drink early

Drink at least 2 glasses of water (400 - 600 ml) 2 - 3 hours before you workout. This is the amount recommended by the American College of Sports Medicine.

Be a bottle baby

Carry a bottle of water with you everywhere.

Get into the drinking habit

Have a glass of water first thing in the morning and then schedule drink stops during your day. Aim for at least 8 glasses (1 ½ - 2 l) daily, and more in hot weather or workout days.