

# TONIC

LONDON

**DON'T WISH FOR A HEALTHIER BODY. OWN ONE.**

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## THE BEST POST WORKOUT FOOD

No one needs to tell you that slimming down isn't easy, however, if you're thinking about rewarding yourself for a good workout with a cheeseburger, think again. What you eat after exercising may just be the most important food you eat all day.

Your body stores excess energy in the form of glycogen and protein. When you work out, your body burns fuel from anything you've eaten recently, and then it breaks down your stored glycogen.

After exercise, your body needs specific nutrients to repair muscle and stabilise blood sugar. This means the right mix of foods can improve your recovery while revving up your metabolism.

1

Pineapples contain a natural anti-inflammatory that's been proven to heal bruises, sprains, and swelling. They're also high in vitamin C, a key component in repairing tissue.

2

Sweet potatoes offer a healthy dose of carbs and contain a variety of vitamins and nutrients particularly vitamins B6, C, D, magnesium, and potassium.

3

Kiwis pack huge amounts of vitamin C and potassium into a tiny serving. They're also an excellent source of antioxidants which combat muscle soreness.



Failure to hydrate properly is a common exercising mistake. To feel great and stay energised, you should replace every pound lost during a workout with 2-3 glasses of water.



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Carbohydrates and protein are the two key things your body needs, and right after you work out is when your blood circulates best. If your main goal is to shed a few pounds, you should aim to eat within 45 minutes or an hour after your workout.

Kick those stubborn pounds into touch by taking your post work-out snack or meal to the next level. Here are the best foods to fuel and reload those depleted muscles after a workout.

Eggs at just 70 calories each pack 6.3 grams of protein and are one of the few foods that contain vitamin D.

For your dose of carbs, brown rice is fine, but it can't compete with all the vitamins and nutrients found in quinoa (pronounced "keen-wah"). It also contains more protein and fibre than brown rice, and requires less time to prepare.

Bananas are high in the 'good' kinds of carbs you need after a workout. These fast acting carbohydrates will help restore your body's levels of glycogen, which helps rebuild damaged muscles. And they provide lots of wonderful potassium.

Salmon will not only give you a large dose of protein, but the anti-inflammatory omega-3's will help rebuild your muscles and increase performance.

Blueberries will give your body a huge antioxidant boost and triple your rate of recovery after an intense workout.

Wholegrain pitta and hummus is a great meat-free option that's also very easy to prepare. Made from chickpeas, hummus contains both protein and carbs, and the slow-release carbs from the pitta will keep energy levels up after a tough workout.

If you're crunched for time, a handful or two of dried fruit and nuts delivers a quick protein and carb fix. Soy nuts are especially helpful for building muscle; half a cup contains 34 grams of protein.



## EAT SOMETHING!

Your body uses a lot of energy during a workout. If you don't replenish it within an hour or two after finishing, your muscles won't recover properly, and all your hard work could go to waste. Even a small fistful of food within 15 minutes of exercising goes a long way.



Cheryl Hicks offers Tonic patients complimentary support with motivation, health and well-being. Drop Cheryl an email on [cherylhicks@me.com](mailto:cherylhicks@me.com) for free support and further information.