

Fitness Tip of the Week: Pre-workout meal

Here's a pretty simple one that gets over looked all the time. Eat before you workout! Not eating before had will limit how hard you can push during your workout and will also negatively impact your ability to recover from that workout. Try a meal with moderate amounts of carbs, a little bit of fat and a moderate amount of protein. My personal favorite is the following:

2 scoops of ISO 100 protein powder (available for purchase in the fitness room)

5 rice cakes

1 tablespoon of peanut butter

This may seem like a lot and depending on your body and goals it might be. So for a smaller person or someone trying to loose weight just scale things back a little. For someone trying to gain weight consider increasing things a bit.

For more help feel free to contact me @ 843-281-3745

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