

Nutrition for Your Active Lifestyle

Pre and Post Workout Fuel

If you're spending time exercising and putting energy into your workouts, it only makes sense that you eat the right foods before and after your workouts if you really want to reach your goals. Yet many people exercise on an empty stomach and fail to refuel after a workout.

Fuel your Workout

By not eating, your body uses muscle protein for fuel because it doesn't have enough carbohydrates to burn. If you start your workout well-fueled, your body will burn a combination of the carbohydrates stored in your muscles and the fat stored in your fat cells.

Ask yourself how many times have you stopped exercising because you felt dizzy, shaky, or just plain tired? That's because you didn't have enough fuel to go the distance. Have a small meal composed of complex carbohydrates about an hour before your workout. An Arbonne protein shake is a great alternative if you are pressed for time or do not like the heavy feeling of working out with a "meal" on your stomach. You will have the energy to workout with the intensity necessary to maximize the results of your workout and you'll avoid experiencing [low blood sugar](#) jitters and dizziness.

Replenish your Muscles

It's important to make the right choices after you exercise. Otherwise, your hard work won't yield the results you want. After a workout, your body's energy levels are considerably depleted and must be replenished.

Eating a properly balanced meal 30 to 45 minutes after your workout does two important things. One, it helps your body to recover quickly, which is needed for muscle growth because of tissue repairs and for replacing lost glycogen in the muscles. And two, it helps muscle growth.

A protein shake from Arbonne has the perfect balance of carbohydrate and proteins that can be quickly absorbed. Drinking your post workout meal is an excellent strategy. Not only are liquids easily digested and absorbed at a faster rate, but after exercising there is a window of about an hour when your ability to absorb nutrients is exceptionally high. After that time your uptake of nutrients returns to normal, so don't miss the opportunity to feed your hungry muscles.

When you help your body recover from the stress imposed upon it (exercise) by ingesting the proper nutrients at the right time, the quicker you will be able to affect body composition change (gain muscle, lose fat or both). You will automatically help your body "bounce back" and you will see results in less time.