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Weekly Fit Tip

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POWER THROUGH YOUR WORKOUT WITH PROTEIN

While there are good and bad sugars, healthy and unhealthy fats, your body hasn't met a protein it didn't like. The fact is most proteins are equal in terms of their nutritional value and superior in their role as building blocks for muscle creation.

What you eat and when, has incredible influence over your exercise experience. Eat too much right before exercising and you're likely to feel sluggish, even nauseated, because your body is competing with itself to fuel your digestive system and your workout. Skipping your pre-workout meal, on the other hand, can leave you feeling light-headed, weak and slow to react.

The exercise experts at Life Fitness recommend having a protein-packed snack **a few hours before** a workout to provide proper energy without taxing your body, followed by another small, high-protein meal **within two hours** of exercising to help the body repair itself.

So before hitting the gym grab your grocery list and add these protein powerhouses to the menu:

- A three-ounce serving of roasted, baked or grilled meat, poultry or fish
- An 8-ounce glass of low or non-fat milk
- A handful of unsalted almonds, walnuts or pecans
- A tablespoon of peanut butter spread over celery
- A cup of black bean salad
- One hard boiled egg

A Registered Dietician can help you to create a customized nutrition program that works for you.

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