

# FUEL your FITNESS the smart way

DOING MORE EXERCISE is a sure way of whittling our waistlines and getting all the health benefits that go with losing excess weight, including lowering our risk of type 2 diabetes and heart disease. And, in general, there's no need to change your diet (or take in more calories) if you're already eating well.

But what if you're starting to go the extra mile and need to develop more stamina? Or you sign up to straight-after-work exercise classes that mean skipping dinner and getting home starving at 9pm?

Your body certainly needs the right food and drink in order to develop endurance and help you get the most out of your workout. At *Healthy Food Guide*, we often receive queries about what's best to eat and when from a fitness point of view, so we asked registered nutritionist Anita Bean, who specialises in sports nutrition, to devise optimum eating plans for five of the most popular forms of exercise. We're not saying it's necessary to weigh out every meal and snack from here on in, but once you've seen the specific quantities, you'll get to know what a healthy portion looks like.

A 1 hr zumba class is not a licence to eat a bar of Dairy Milk – but running or cycling for 3 hr without the right fuel won't do you any good either. Sports nutritionist Anita Bean reveals the best foods to eat for more intense workouts

**SPEED UP**  
Raise your walking pace from a leisurely 2mph to a brisk 3.5mph and you'll increase your calorie burn by more than a third

**ACTIVITY**  
**2–3 HR WALKING**  
*at a constant moderate pace*  
(3–5mph/4.8–8km/h)

YOUR WEIGHT	Calories burned in 3 hr
60kg	760
80kg	960

**1–2 HR BEFORE** For a brisk walk of over 2 hr your muscles need to be charged. Eat a lunch that's slightly bigger than usual, which provides slow-release carbs and a moderate amount of protein:

YOUR WEIGHT	IDEAL INTAKE
60kg	90g carbs 25g protein

**TRY THIS** 200g jacket potato + ¾ large tin reduced sugar and salt baked beans + 25g reduced-fat cheese + salad

YOUR WEIGHT	IDEAL INTAKE
80kg	120g carbs 25g protein

**TRY THIS** 300g jacket potato + 1 large tin reduced sugar and salt baked beans + 25g reduced-fat cheese + salad

**DURING YOUR WALK** Snacking on around 15–30g easily-digested carbohydrates will provide a quick boost and increase your stamina. Try a banana, 6 dried apricots, a Nakd Bar or an Eat Natural cereal bar.

**WITHIN 1 HR** At the end of a long walk, your body will need to replenish its energy stores before the next meal. Eating a moderate amount of protein and carbs will help your body recover faster:

YOUR WEIGHT	IDEAL INTAKE
60kg	20g carbs 5–10g protein

**TRY THIS** 150g low-fat fruit yogurt **OR** 1 Nature Valley Protein Bar

YOUR WEIGHT	IDEAL INTAKE
80kg	25g carbs 10g protein

**TRY THIS** 200g low-fat fruit yogurt **OR** 1 Nature Valley Protein Bar



**ACTIVITY 2–3 HR CYCLING***at a medium pace (12–14mph/19–22km/h)*

YOUR WEIGHT	Calories burned in 3 hr
60kg	1,525
80kg	1,920

**3 HR BEFORE** Stoke your engine with a breakfast combo of slow-release carbs and a moderate amount of protein:

YOUR WEIGHT	IDEAL INTAKE		YOUR WEIGHT	IDEAL INTAKE	
60kg	45g carbs	20g protein	80kg	55g carbs	25g protein

**TRY THIS** 2 poached eggs  
+ 2 slices wholemeal toast + 2tsp low-fat spread  
+ 1 orange

**TRY THIS** 2 poached eggs  
+ 3 slices wholemeal toast + 3tsp low-fat spread  
+ 1 orange

**30 MIN BEFORE** Eating a high-carbohydrate snack before you set off will raise your blood sugar level and boost energy:

YOUR WEIGHT	IDEAL INTAKE		YOUR WEIGHT	IDEAL INTAKE	
60kg	30g carbs	0g protein	80kg	40g carbs	0g protein

**TRY THIS** 1 banana  
+ 50g grapes **OR** ½ energy bar such as Clif Chocolate Chip Bar

**TRY THIS** 1 banana + 100g grapes **OR** 1 energy bar such as Clif Chocolate Chip Bar

**DURING YOUR RIDE** Snack on 30–60g carbs (such as 12 dried apricots or 50g raisins) per hr to help endurance. Hydrate with 400–800ml water or squash (diluted 1 to 6) per hr or according to thirst.

**WITHIN 1 HR** Eat a lunch that includes carbohydrates to replace fuel stores and protein to promote muscle repair:

YOUR WEIGHT	IDEAL INTAKE		YOUR WEIGHT	IDEAL INTAKE	
60kg	60g carbs	20g protein	80kg	80g carbs	25g protein

**TRY THIS** 2 slices wholemeal bread + 2tsp low-fat spread + 3 slices roast turkey + mixed salad leaves + 1 banana

**TRY THIS** 3 slices wholemeal bread + 2tsp low-fat spread + 3 slices roast turkey + mixed salad leaves + 1 banana

**Do I need special drinks?**

● **If you're exercising for less than 1 hr, drink only water.** There's no need for branded 'sports' drinks, which may contain huge quantities of sugar.

● **If you're exercising at a moderate-high intensity for longer than this** (around 2–3 hr), you may want to drink diluted squash (1 part cordial to 6 parts water) to fuel your muscles with carbohydrates, as well as replace fluids.

● **If you're exercising in hot or humid conditions,** or for longer than 2 hr, a sports drink may be a good idea. These drinks contain sodium, which will help your body to retain water while exercising and replace salt lost through sweat, as well as carbohydrates for an energy boost.

**ACTIVITY 5K PARKRUN***at a medium pace (7.5mph/12km/h)*

YOUR WEIGHT	Calories burned in 30 min
60kg	400
80kg	500

**2 HR BEFORE** The start time may be early, but avoid rolling out of bed straight into your running shoes. Eat an energy-fuelling breakfast to sustain your race:

YOUR WEIGHT	IDEAL INTAKE	
60kg	60g carbs	10g protein

**TRY THIS** 3 level tbsp (30g) porridge oats + 200ml semi-skimmed milk + 1 chopped banana + 2tsp (15g) runny honey **OR** 2 Oatibix (or similar) + 200ml semi-skimmed milk + 1tbsp (25g) raisins

YOUR WEIGHT	IDEAL INTAKE	
80kg	80g carbs	15g protein

**TRY THIS** 4 level tbsp (40g) porridge oats + 300ml semi-skimmed milk + 1 banana + 2tsp (15g) honey **OR** 3 Oatibix (or similar) + 250ml semi-skimmed milk + 1tbsp (25g) raisins

**WITHIN 1 HR** Lunch is a few hours off, so have a mid-morning snack to replenish your energy stores:

YOUR WEIGHT	IDEAL INTAKE		YOUR WEIGHT	IDEAL INTAKE	
60kg	30g carbs	20g protein	80kg	40g carbs	25g protein

**TRY THIS** 500ml hot chocolate **OR** 310ml protein drink such as UFit protein shake drink + 1 banana

**TRY THIS** 600ml hot chocolate **OR** 500ml protein drink such as UFit Pro 50 Chocolate Protein Shake + 1 banana

**Eating and drinking dos and don'ts**

● **DON'T exercise** on an empty stomach if you're planning to work out longer than 2 hr – otherwise you risk early fatigue or having to reduce your pace to complete your workout.

● **DO start** your workout well hydrated. Aim to drink 5–7ml water per kg of your body weight 2–4 hr before you plan to exercise (that's 300–420ml for a 60kg person, or 400–560ml for an 80kg person).

● **DO drink** according to your thirst. Until recently the belief was that you shouldn't wait until you feel thirsty before having a drink. But current recommendations suggest you should be guided by your perception of thirst and should aim to match your fluid intake to your rate of sweating.

● **DON'T exercise** straight after a large meal as you'll feel sluggish. It's best to wait 2–4 hr, as that's how long it takes for your body to digest fats and proteins. If you're exercising first thing, make time for a light breakfast before you head out.

**\*SWAP PROTEIN SHAKES FOR MILK?**

## ACTIVITY PILATES or YOGA

YOUR WEIGHT	Calories burned in 1 hr
60kg	255
80kg	320

**3-4 HR BEFORE** This form of exercise won't burn many calories, so you don't need more food for fuel. But eating a mix of carbohydrates, protein and unsaturated fat for lunch will help to improve your focus during the class:

YOUR WEIGHT	IDEAL INTAKE	YOUR WEIGHT	IDEAL INTAKE
60kg	30g carbs 20g protein	80kg	40g carbs 25g protein

**TRY THIS:** ½ cooked chicken breast (75g) + 1 tortilla wrap + salad (lettuce, tomatoes, cucumber) + 2tsp olive oil dressing

**TRY THIS:** ½ cooked chicken breast (75g) + 1 tortilla wrap + salad (lettuce, tomatoes, cucumber) + 2tsp olive oil dressing + 1 apple

### WITHIN 1 HR

If you're not going to be eating a meal any time soon, have a protein-rich snack for muscle repair:

YOUR WEIGHT	IDEAL INTAKE
60kg	0g carbs 5-10g protein

**TRY THIS** 30g almonds  
**OR** 1 protein bar such as Bounce Energy Ball Cacao Mint Protein Bomb

YOUR WEIGHT	IDEAL INTAKE
80kg	0g carbs 10-15g protein

**TRY THIS** 40g almonds  
**OR** 1 protein bar such as Bounce Energy Ball Peanut Protein Blast



## ACTIVITY AEROBICS or ZUMBA

YOUR WEIGHT	Calories burned in 1 hr
60kg	445
80kg	560

**1 HR BEFORE** If it's a few hours since your last meal, eat a healthy snack 1 hr before your class to raise your blood sugar levels:

YOUR WEIGHT	IDEAL INTAKE	YOUR WEIGHT	IDEAL INTAKE
60kg	30g carbs 5g protein	80kg	40g carbs 10g protein

**TRY THIS** ● 1 large apple (150g) ● 125g pot low-fat fruit yogurt  
**OR** ● 1 snack bar such as Nakd Cashew Cookie Bar

**TRY THIS** ● 1 large banana (150g) and 125g pot low-fat fruit yogurt **OR** ● 1 energy bar such as Clif Crunchy Peanut Butter Bar

**WITHIN 2 HR** Aim to eat lunch or dinner around now. You'll need carbohydrates to replace the energy you've burned during the class, as well as some protein to promote muscle repair:

YOUR WEIGHT	IDEAL INTAKE	YOUR WEIGHT	IDEAL INTAKE
60kg	90g carbs 20g protein	80kg	180g carbs 25g protein

**TRY THIS** 300g jacket potato + 100g white fish + steamed broccoli + 1 banana

**TRY THIS** 400g jacket potato + 125g white fish + steamed broccoli + 1 banana

## Going for the burn?

Anita's book, *Food for Fitness 4th Edition* (Bloomsbury Sport, £16.99), is a handy guide for anyone who's taking their exercise plan to a new level. As well as dispelling popular myths, she shares the latest nutrition research for performance, giving you the tools to reach your peak. Plus find 65 delicious recipes, as well as sport-specific menu plans.

