



Shipley & Saltaire Wellness Centre

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Why the Refuel is so important to what you have just done!!

After Your Workout

After your workout, the general rule is simple: drink enough water to replace water lost through sweat. The best way to determine this is by weighing yourself before and after exercise. For every pound of body weight lost, you'll need to consume about 500ml of fluid. Another way to determine how much liquid to consume is to check the colour of your urine. Dark, concentrated (smellier), urine may indicate dehydration (hence the smell around the gents toilets-sorry guys)! Your urine should be relatively clear

Eating After Your Workout

Your 'refuel' needs to be within 30 minutes of your workout. This is known as the metabolic window. Research shows that getting a balanced source of complex carbohydrates and around 15-25 grams of protein (depending on the type of activity) in this window, re balances your glycogen stores, blood sugar **AND prolongs fat burn.**

Although solid foods can work, a recovery shake is much easier to digest, have available and if the quality of protein and carbs is correct will get to your muscles fast and repair & build even quicker. If you have done endurance exercise a higher ratio of carbs to protein will be required. In each instance try then to continue refuel every 2-3 hours to maximize muscle recovery and/or fat burn.

After a Cobra work out your body will experience the maximum 'after burn' if you continue to re fuel well and can burn the same number of calories again.

Try to eat balanced, quality calories in the form of meals & snacks every 2-3 hours or when genuine hunger demands. Reassured by regular quality nutrition your body will feel safe to continue to use fats for the extra re fuel needed. However if you eat poor quality, simple energy calories such as high simple sugar or starch your body will no longer have a need to convert fat and you kill the after burn process dead!