

Nut Talk: Doors of Fitness

OBJECTIVE:

The purpose of this week's Nutrition Talk is to shed some light on different food to eat before and after different workouts. Although people may already know certain nutrients can help them make it through the workout without getting light-headed or fatigued, they may not realize that the right pre-workout and post-workout fuel can actually make their sweat sessions more effective. What might work well for someone before a yoga class may not be the best way to fuel a HIIT session. This game is meant encourage our fellow aggies to eat the right food and replenish the right nutrients before/after different workouts to maximize the benefits of the workouts.

MATERIAL:

- Cardboard
- Colored markers
- Tape

SET-UP:

Put the board up and make sure the "doors" are closed

ACTIVITY:

- Explanation:

Each "door" represents one type of workout, and there is a total of four types workouts: strength, yoga, long distance running, and high-intensity interval training(HIIT). There will be food ideas and nutrients needed before and after this workout under each "door".

- How to play this game:

Participants will look at the workout on each "door" and guess the best nutrients needed before and after this workout. And then they will have come up with the foods that contain these nutrients.

QUESTIONS AND ANSWERS:

- Pre workout food ideas and nutrients needed
 - Strength training: **protein carbs, fat**
 - Greek yogurt, granola
 - Veggie omelette with avocado
 - Long distance running: **carbs, sodium, protein**
 - High energy protein bar
 - Toast with banana and peanut butter
 - Yoga: **protein and carbs**
 - Smoothie with fresh fruits
 - Yogurt
 - Almond butter with apple slices
 - HIIT: **carbs, protein, fiber**
 - Whole wheat toast with banana and peanut butter

- Post workout food ideas and nutrients needed
 - Strength training: **protein, fiber, antioxidants(vitamin A,K,C)**
 - Protein shake
 - Grilled chicken and veggies
 - Yoga: **water, carbs, protein, and omega 3**
 - Water, orange, an egg
 - Grilled salmon with sweet potato
 - HIT: **carbs, protein, antioxidants**
 - Quinoa with veggies and grilled chicken
 - Brown rice with veggies and tofu
 - Long distance running: **protein, carbs, sodium**
 - Chocolate milk with pretzels
 - Toast with avocados, salt, and pepper

PRIZE SYSTEM:

Anyone who comes to the table and actively participates

ADDITIONAL INFORMATION:

1. Before a workout
 - Generally speaking, you need to hydrate with water and fuel up with body with healthy carbohydrate like whole wheat bread before any type of workout. Do it at least 2 hours prior to the workout.
 - “Avoiding saturated fats and even a lot of healthy protein — because these types of fuels digest slower in your stomach and take away oxygen and energy-delivering blood from your muscles.”
 - “If you only have 5-10 minutes before you exercise, eat a piece of fruit such as an apple or banana. The key is to consume easily digested carbohydrates, so you don’t feel sluggish”
2. After a workout
 - Eat food that contain protein to repair and grow the muscles, consume carbohydrates 20-60 minutes after working to replenish lost energy, and always remember to hydrate with water.

Source: http://www.heart.org/HEARTORG/HealthyLiving/PhysicalActivity/FitnessBasics/Food-as-Fuel---Before-During-and-After-Workouts_UCM_436451_Article.jsp#.WLn8ePnytPY

3. Benefits of yoga
 - Increase flexibility, increase muscle strength and tone, improve respiration, energy and vitality, maintain a balanced metabolism, weight reduction, cardio and circulatory health, improve athletic performance, protection from injury
 - “Aside from the physical benefits, one of the best benefits of yoga is how it helps a person manage stress, which is known to have devastating effects on the body and mind. Yoga’s incorporation of meditation and breathing can help improve a person’s mental well-being”

Source: <http://www.osteopathic.org/osteopathic-health/about-your-health/health-conditions-library/general-health/Pages/yoga.aspx>

4. Benefits of strength training

- Develop strong bones, manage weight, manage chronic conditions (including arthritis, back pain, obesity, heart disease, depression and diabetes), sharpen thinking and learning skills for older adults

Source: <http://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/strength-training/art-20046670>

5. Benefits of long distance running

- Improves sleep quality, boost memory, treat depression, improve knee health, reduce the risk of develop certain types of cancer, improve hearing, burn calories, build bones, improve cardiovascular health

Source: <https://www.fitandme.com/benefits-of-long-distance-running/>

6. Benefits of HIIT

- Build endurance, burn calories and fat in a short period of time, boost metabolism, lose fat not muscles

Source: <http://www.healthfitnessrevolution.com/top-10-health-benefits-hiit-high-intensity-interval-training/>