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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

6 Healthy Eating Tips for Active Adults

By Meri Raffetto RD

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For active adults it's important to make sure you are getting the proper nutrition for your pre-meal and post-meal workouts. Here are 6 healthy eating tips to keep you on track!

Adequate Carbs!

With the latest low carb trend it can become difficult, to say the least, to figure out what you should be eating especially if you are active! The truth is, when you exercise your muscle burns a type of carbohydrate called glycogen for fuel. To keep these important fuel levels optimal for peak performance, we must eat a diet rich in whole grains, beans, potatoes, and other high-carbohydrate foods. You can't produce optimal glycogen stores with a high protein low carbohydrate diet. Go for the whole grains such as 100% whole wheat breads, brown rice, quinoa, or millet. Limit the 'white' refined products.

Protein

Yes it is true, active people need more protein than the average person. It is especially important after our workouts to repair muscle damage. Include lean meats, fish, soy, and eggs. Active people need about 3-4 three-ounce servings a day.

Eat Your Fruits and Veggies!

When you exercise, you breathe harder taking in more oxygen. While you need oxygen to support life, it can become unstable in the body. Unstable oxygen can oxidize and damage your muscle cells which can bring on inflammation and soreness. You can protect yourself from oxidation by eating healthful amounts of antioxidants found in fruits and vegetables. Eat at least five fruits and vegetables a day!

Drink, Drink, Drink

The more you exercise, the more you sweat. Replacing these fluids is vital for peak performance and endurance. During long workouts you may need a sports drink that contains carbohydrates and electrolytes. Drink at least 8-10 servings of fluids/day.

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Fueling Before A Workout

This step alone will not only lengthen your workout but it will also increase your performance which is key when training for an event. If you don't eat before exercise you will likely feel light-headedness, fatigue, and nausea. In addition, your body turns to muscle protein for fuel because it doesn't have enough carbohydrate. By starting your workout well-fueled, your body will burn a combination of the carbohydrate stored in your muscles and stored fat. Eat 2–4 hours before a workout or event. Choose a high carbohydrate, low fat, moderate protein meal or snack. Drink at least 10 ounces of water to help offset sweat loss during your workout.

Fueling After A Workout

It is important to consume calories and fluids during the first half hour after you exercise for optimal recovery. If you aren't hungry right away a quick snack will do. Drinking a sports drink or 100% fruit juice will do the trick! Don't forget to eat a meal later with protein to repair muscle damage.

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Meri Raffetto is a Registered Dietitian and a recognized professional in the area of nutrition and wellness. She has developed online weight management programs to help people get off of diets and get into way of life. For more information or to sign up for our free newsletter, visit www.reallivingnutrition.com.

Get Your Kids Moving

By Laura S. Garrett, RD, LD

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Are your children active? Inactivity among children is becoming an epidemic. Motivating your children to be active not only improves their health now, but it will also benefit them later in life.

Here are some facts:

* Lack of exercise is a major reason for the growing rate of obesity among children. Rather than letting your child watch TV all day, encourage him to spend time each day in play that requires him to be physically active.

* Exercise can strengthen children's bones, something they will benefit from as adults. Children who participate in weight-bearing impact sports such as running, gymnastics, tumbling, and dance have higher bone density than children whose major activity is a non-weight-bearing exercise such as swimming.

* Active children may increase their chance of becoming healthy adults. Children who enjoy being active are more likely to develop the lifelong, healthy habit of being physically active. Physical activity decreases the risk of obesity, cancer, diabetes, high blood pressure, stroke, and heart disease later in

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life. Simply put, people who are active on a regular basis tend to live longer than inactive individuals.

If you think getting your child to be more active is impossible, you just need to think "fun". Encourage your child to ride a bike, swim, or play ball with friends. Get your child involved in school organized sports and physical education classes. Most importantly, become a role model. If your child sees you laying around or always sitting in front of the television or computer, it will be hard for him to know any better. Get the whole family involved in games, bicycling, or other active play. If you get involved, your child will, too.

Written by Laura S. Garrett, RD, Registered Dietitian, Fitness Trainer, & Owner of www.NutrActive.com –Serving your Complete Nutrition & Active Lifestyle Needs Contact via e-mail: Laura.RD@NutrActive.com Weight Loss/Fitness Programs & Diabetes Specialist [Also Specializing in Vitamin/Mineral/Herb Supplementation] Subscribe to our free weekly ezines for tips on how to lose weight, tone muscle, prevent disease, & cook healthy: subscribe@nutractive.com



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