Performance Nutrition

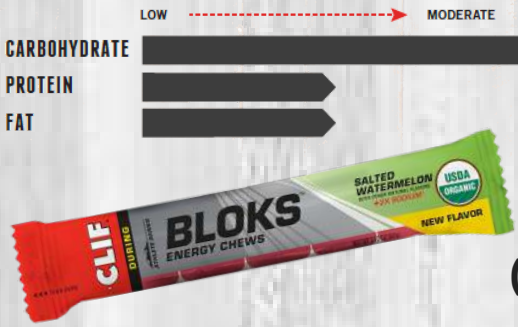
BEFORE ACTIVITY

Give your body what it needs to perform at its best. For most athletes that means concentrating on carbohydrates.[1] [2]

1-2 hrs before activity

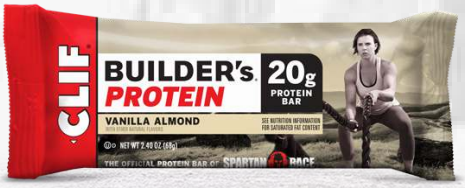
DURING ACTIVITY

What you eat during exercise can have an impact on performance, for better or worse.[1]



1 serving every 20-30 minutes during activity (follow with water)

AFTER ACTIVITY

After a workout, your muscles are "hungry" for nutrients. They're more sensitive and better able to use the nutrients provided.[1] [2] [3] [4]

20-30 minutes after activity