

# HOW NUTRITION IMPACTS TRAINING

## EATING OFTEN ENOUGH PROVIDES FUEL FOR WORKOUTS

Showing up underfuelled without enough food in your system can lead to tired, sluggish training. Eat regularly to find more in the tank!



## CARBS AND FAT PROVIDE THE ENERGY SOURCES THAT FUEL YOUR WORKOUT



Lower-intensity workouts rely on fat for fuel, but the harder you work the more carbs you burn. Prioritize carbs for heavy trainings.

## PROTEIN HELPS YOU BUILD MUSCLES

Protein around a workout helps the muscles you've worked recover. It also helps you feel more full for longer.



## YOUR NUTRITION CAN IMPACT YOUR MOOD AND THEREFORE YOUR TRAINING



Training provides benefits to mood, but mood also impacts how hard you can train. Eating enough food can perk you up to be mentally geared up to train.