

After You Exercise

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What you eat and drink after exercise should depend on how long and how hard you exercise.

MILD EXERCISE

For only mild exercise, such as a short walk, you do not need to eat or drink anything special. A drink of water and a light meal should be fine.

INTENSE EXERCISE

If you exercised for longer, however, you should be careful to eat and drink properly.

You need to replace the energy (calories) your body used during exercise. You should:

- Eat foods that are high in carbohydrates after you exercise. Good foods to eat after exercise include fruits, juices, and bread.
- Eat foods that contain potassium, such as milk products, fruits, and vegetables.
- Eat foods that contain sodium, such as salty foods like pretzels and crackers.

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You also need to replace the water your body lost through sweat. After exercise, drink a lot of water or a sports beverage mixed with water. You should drink 2 cups of liquid (no caffeine) for every pound lost during exercise.

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