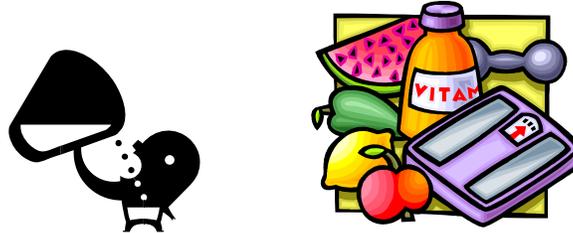


The Facts on Nutrition & Fitness

Fluids

Making sure you drink enough fluids as a physically active individual is very important. Water plays a key role in the regulation of temperature during exercise. It also functions to remove waste from your body. Normally, a person should drink at least 8 glasses of water per day to stay hydrated. Those who are physically active should drink even more.



Vitamins & Minerals

While vitamins and minerals do not provide any energy, they are required for a number of metabolic functions. You can completely meet your vitamin needs through consumption of a well balanced diet. Electrolytes are minerals that assist your body in the release of energy. Examples of electrolytes are Sodium, Potassium, and Chloride.

Fueling Before you Exercise

Meals eaten before exercise should be low in fat and high in carbohydrate. They should be consumed at least an hour before exercise to allow for digestion. Also, it's wise to drink several cups of water just prior to exercising.

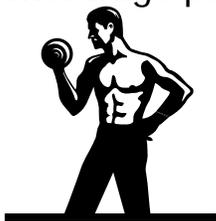
Fitting Exercise into Your Life: tips to make it happen

- *Use the stairs instead of the elevator or take the elevator only half way and walk the rest.
- *Walk to lunch spots that are a good distance from your work spot.
- *Use your lunch hour wisely. Take a walk with co-workers or visit a nearby health center.
- *Don't look for the closest parking space. Park further away and walk the rest of the way.

The Powerful Effects of Exercise at a Glance

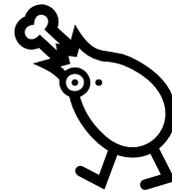
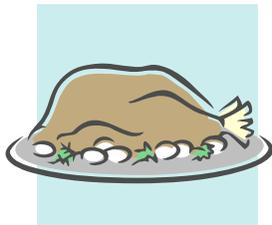
By exercising daily you will:

- *release tension and aid in relaxation
- *help to control your weight
- *decrease your risk factors associated with coronary heart disease
- *encourage positive life style changes such as a healthier diet



Carbohydrates

Carbohydrate includes both sugars and starches. Not only is it the most important nutrient during exercise, but it is the least stored one. The body holds enough for less than a days worth of energy. It is recommended that the average person consume 50-55% of their calories from carbohydrates. Athletes may need more to ensure adequate energy stores.



Protein

Protein is an essential nutrient because of its role in the synthesis and repair of tissue. The average healthy person needs about 12-15% of their calories to come from protein. Individuals who exercise daily may need more protein than someone who is not physically active.

Fat

Fat is a very concentrated source of energy. During exercise, energy from fat is not as readily released as carbohydrate is. Trained individuals use fat to a greater extent than untrained individuals to conserve their carbohydrate stores. Consumption of fat should be held to a minimum prior to or during exercise because it exits the stomach slowly and may cause cramping.