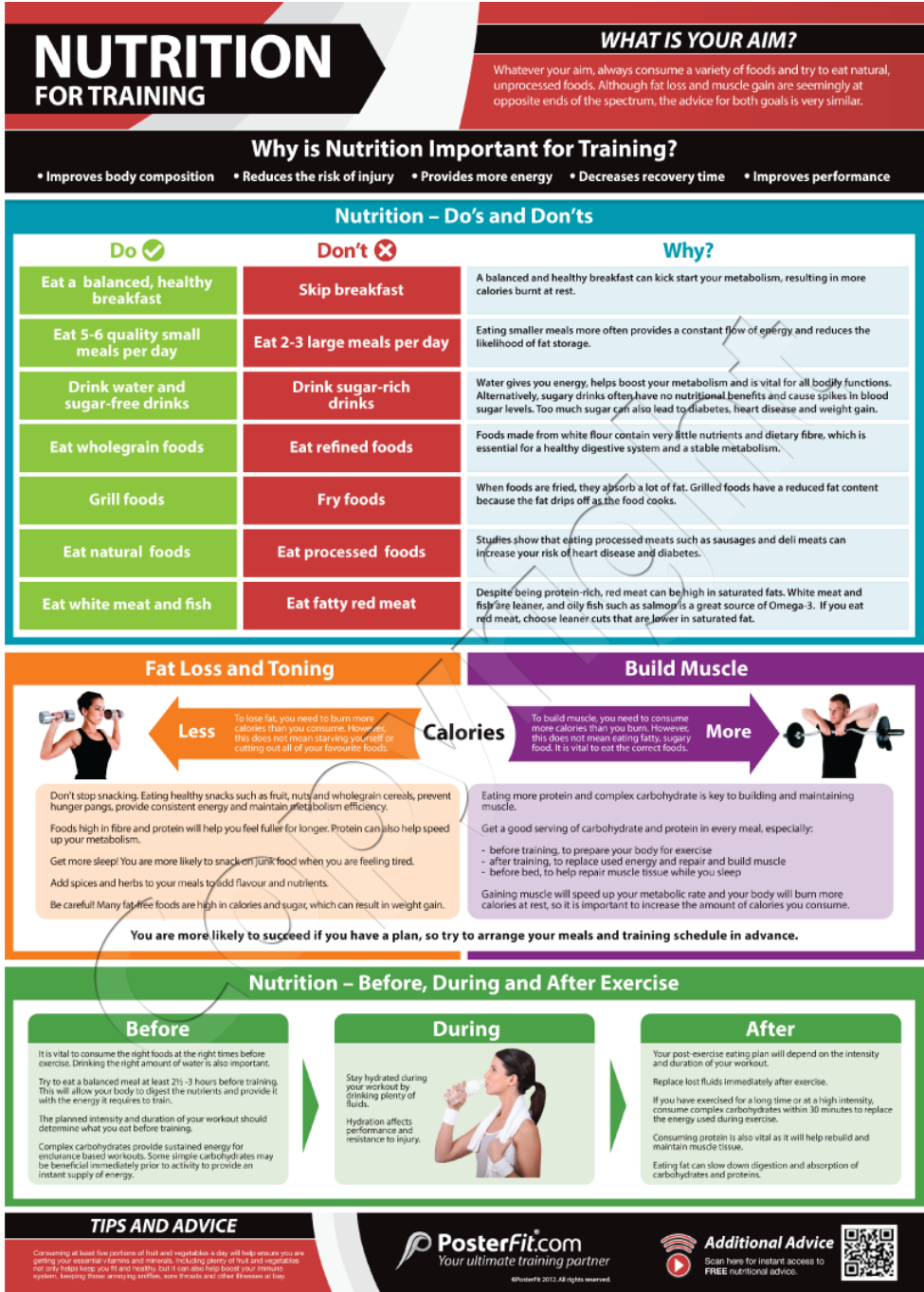


## Nutrition for Training Chart– PT003

<p><b>Description</b></p>	<ul style="list-style-type: none"> <li>◆ The Nutrition for Training poster explains the importance of nutrition in training and provides users with great tips and advice to help maximize their results.</li> <li>◆ As well as providing general advice for all goals, the chart offers goal specific advice for fat loss and toning, and building muscle.</li> <li>◆ The QR code located in the bottom right corner of the chart provides access to additional advice.</li> </ul>																								
<p><b>Details</b></p>	<ol style="list-style-type: none"> <li>1. Dimension: 840 x 594 mm (Ai Size)</li> <li>2. Material: 200gsm gloss paper laminated with 75 Micron clear polyester both sides</li> </ol>																								
<p><b>Image</b></p>	 <p><b>NUTRITION FOR TRAINING</b></p> <p><b>WHAT IS YOUR AIM?</b> Whatever your aim, always consume a variety of foods and try to eat natural, unprocessed foods. Although fat loss and muscle gain are seemingly at opposite ends of the spectrum, the advice for both goals is very similar.</p> <p><b>Why is Nutrition Important for Training?</b></p> <ul style="list-style-type: none"> <li>• Improves body composition</li> <li>• Reduces the risk of injury</li> <li>• Provides more energy</li> <li>• Decreases recovery time</li> <li>• Improves performance</li> </ul> <p><b>Nutrition – Do's and Don'ts</b></p> <table border="1"> <thead> <tr> <th>Do ✓</th> <th>Don't ✗</th> <th>Why?</th> </tr> </thead> <tbody> <tr> <td>Eat a balanced, healthy breakfast</td> <td>Skip breakfast</td> <td>A balanced and healthy breakfast can kick start your metabolism, resulting in more calories burnt at rest.</td> </tr> <tr> <td>Eat 5-6 quality small meals per day</td> <td>Eat 2-3 large meals per day</td> <td>Eating smaller meals more often provides a constant flow of energy and reduces the likelihood of fat storage.</td> </tr> <tr> <td>Drink water and sugar-free drinks</td> <td>Drink sugar-rich drinks</td> <td>Water gives you energy, helps boost your metabolism and is vital for all bodily functions. Alternatively, sugary drinks often have no nutritional benefits and cause spikes in blood sugar levels. Too much sugar can also lead to diabetes, heart disease and weight gain.</td> </tr> <tr> <td>Eat wholegrain foods</td> <td>Eat refined foods</td> <td>Foods made from white flour contain very little nutrients and dietary fibre, which is essential for a healthy digestive system and a stable metabolism.</td> </tr> <tr> <td>Grill foods</td> <td>Fry foods</td> <td>When foods are fried, they absorb a lot of fat. Grilled foods have a reduced fat content because the fat drips off as the food cooks.</td> </tr> <tr> <td>Eat natural foods</td> <td>Eat processed foods</td> <td>Studies show that eating processed meats such as sausages and deli meats can increase your risk of heart disease and diabetes.</td> </tr> <tr> <td>Eat white meat and fish</td> <td>Eat fatty red meat</td> <td>Despite being protein-rich, red meat can be high in saturated fats. White meat and fish are leaner, and oily fish such as salmon is a great source of Omega-3. If you eat red meat, choose leaner cuts that are lower in saturated fat.</td> </tr> </tbody> </table> <p><b>Fat Loss and Toning</b> (Less Calories)</p> <p>To lose fat, you need to burn more calories than you consume. However, this does not mean starving yourself or cutting out all of your favourite foods.</p> <ul style="list-style-type: none"> <li>Don't stop snacking. Eating healthy snacks such as fruit, nuts and wholegrain cereals, prevent hunger pangs, provide consistent energy and maintain metabolism efficiency.</li> <li>Foods high in fibre and protein will help you feel fuller for longer. Protein can also help speed up your metabolism.</li> <li>Get more sleep! You are more likely to snack on junk food when you are feeling tired.</li> <li>Add spices and herbs to your meals to add flavour and nutrients.</li> <li>Be careful! Many fat-free foods are high in calories and sugar, which can result in weight gain.</li> </ul> <p><b>Build Muscle</b> (More Calories)</p> <p>To build muscle, you need to consume more calories than you burn. However, this does not mean eating fatty, sugary food. It is vital to eat the correct foods.</p> <ul style="list-style-type: none"> <li>Eating more protein and complex carbohydrate is key to building and maintaining muscle.</li> <li>Get a good serving of carbohydrate and protein in every meal, especially: <ul style="list-style-type: none"> <li>- before training, to prepare your body for exercise</li> <li>- after training, to replace used energy and repair and build muscle</li> <li>- before bed, to help repair muscle tissue while you sleep</li> </ul> </li> <li>Gaining muscle will speed up your metabolic rate and your body will burn more calories at rest, so it is important to increase the amount of calories you consume.</li> </ul> <p><b>Nutrition – Before, During and After Exercise</b></p> <p><b>Before</b> It is vital to consume the right foods at the right times before exercise. Drinking the right amount of water is also important. Try to eat a balanced meal at least 2½ - 3 hours before training. This will allow your body to digest the nutrients and provide it with the energy it requires to train. The planned intensity and duration of your workout should determine what you eat before training. Complex carbohydrates provide sustained energy for endurance based workouts. Some simple carbohydrates may be beneficial immediately prior to activity to provide an instant supply of energy.</p> <p><b>During</b> Stay hydrated during your workout by drinking plenty of fluids. Hydration affects performance and resistance to injury.</p> <p><b>After</b> Your post-exercise eating plan will depend on the intensity and duration of your workout. Replace lost fluids immediately after exercise. If you have exercised for a long time or at a high intensity, consume complex carbohydrates within 30 minutes to replace the energy used during exercise. Consuming protein is also vital as it will help rebuild and maintain muscle tissue. Eating fat can slow down digestion and absorption of carbohydrates and proteins.</p> <p><b>TIPS AND ADVICE</b> Consuming at least five portions of fruit and vegetables a day will help ensure you are getting your essential vitamins and minerals. Including plenty of fruit and vegetables not only helps keep you fit and healthy, but it can also help boost your immune system, keeping those annoying viruses, sore throats and other illnesses at bay.</p> <p><b>PosterFit.com</b> Your ultimate training partner</p> <p><b>Additional Advice</b> Scan here for instant access to FREE nutritional advice.</p> <p>©PosterFit 2012. All rights reserved.</p>	Do ✓	Don't ✗	Why?	Eat a balanced, healthy breakfast	Skip breakfast	A balanced and healthy breakfast can kick start your metabolism, resulting in more calories burnt at rest.	Eat 5-6 quality small meals per day	Eat 2-3 large meals per day	Eating smaller meals more often provides a constant flow of energy and reduces the likelihood of fat storage.	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