



Workout Partners

Exercise requires fuel for your body. Here's what to eat and drink before, during, and after a trip to the gym.

1 AN HOUR OR TWO TILL SWEAT TIME

You'll need some carbohydrates for energy; they're the easiest for your body to burn (but won't weigh you down like protein would). One good choice: a bowl of oatmeal. Like this back-to-basics option. **Better Oats Raw Pure & Simple Instant Oatmeal**; \$1.99

2 A HALF HOUR BEFORE In general, the closer you get to your workout, the lighter you should eat. If you're fueling up an hour to 30 minutes before, a cup of this yogurt will give you a nice boost. **Brown Cow Low Fat Peach Cherry Parfait**; \$1.49

3 RIGHT BEFORE If you can snatch only 15 minutes between, say, leaving your office and hitting the gym, don't panic! Even grabbing a handful of tortilla chips can make a difference. **Laurel Hill Olive & Caper Tortilla Chips**; \$2.99

4 DURING YOUR WORKOUT Studies say half the people hitting the gym are already dehydrated when they get there. For an average session, plain or flavored water, like the one above, will hydrate you just fine. But if you're really exerting yourself, think sports drink. **Purity.Organic Cranberry Lime Functional Drink**; \$1.99

want more protein?
try the chicken,
Bean & Rice (mmm!)

5 RIGHT AFTER Consuming some carbs within 15 minutes of finishing your workout will help restore glycogen to your body. Fruit juices are easy on the system. This one comes in quarts or 80-ml "shots" you can take along in your bag. **GoodBelly Probiotic Mango Fruit Drink**; \$1.49 for a quart

6 ONCE YOU GET HOME Chow down! A post-workout meal should contain some protein (to stimulate muscle growth), some complex carbohydrates (to replenish depleted muscle stores), and some healthy fats, too. Yum! **Evol Basic Bean & Cheese Burrito**; \$2.99