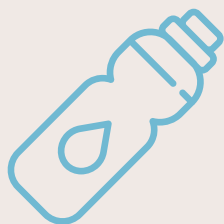


Good Nutrition Can Support Your Physical Activity

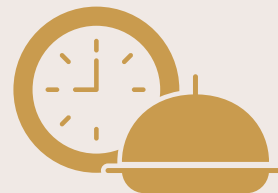


It's no secret that eating well can help you feel better, but this is especially true if you're exerting yourself. Here are some tips to make sure you're putting your best foot forward when you're getting physical:



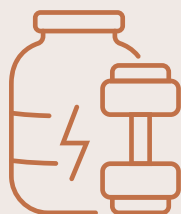
STAY HYDRATED

Hydration is an essential part of supporting your body during physical activity. Water regulates your body temperature and lubricates your joints. It helps transport nutrients to give you energy and maintain your health. Keep a bottle of water close at hand!



EAT REGULARLY

If you're going to be active, it's important to eat regularly, starting with a nutritious breakfast. According to the American Heart Association, not fueling up with food in the morning is like “driving a car on empty.”



PICK PROTEIN

Protein works to build and repair muscle while fueling physical activity. Lean meat is an excellent source of protein. However, quality protein sources come from plant-based foods, too, like beans, split peas, soy products, and unsalted nuts and seeds.



EAT THE RAINBOW

To keep your energy up during activity, you'll want to consume a variety of colors of plant-based foods. The content of fruits and vegetables plays a vital role in maintaining health and optimizing exercise performance, energy production, and tissue recovery during cardiovascular and strength-training exercises.

References:

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