Long gone are the days when you could tell someone to munch on a banana, sip a sports drink, or nibble on a protein bar after their workout. There is no one-size-fits-all prescription for if and how a person should refuel after a workout. If and how much an individual should replenish after a workout for optimum recovery depends on many factors.

**Key points:**

- Refueling post-exercise depends upon the goals of the client and their current state of energy balance, as well as the energy expenditure, intensity and/or duration of the workout.
- Keeping the body in energy balance, even during long or hard fitness training sessions may ameliorate some of the negative aftereffects associated with high intensity, long-duration workouts. Within-day nutrient timing may provide a novel and highly-effective way for you to help clients with energy balance. See [http://NutriTiming.com/](http://NutriTiming.com/)
- Adequate fluid intake before, during and after exercise, depending upon the intensity and duration of the workout is key to performance and recovery.

**At the end of this session, participants will be able to:**
1. Identify which types of workouts and exercise participants need, or don’t need, refueling and/or rehydration.
2. Describe the current recommendations for food and fluid intake before, during and after exercise.
3. Understand the physiological mechanisms involved in exercise and recovery, and the role of exercise immunology.
4. Understand the differences between daily energy balance and within-day energy balance.
5. Understand the key differences between different sports drinks and energy/protein bars.

**Recommended References:**

**Websites:**
- [www.eatright.org](http://www.eatright.org) American Dietetic Association
- [www.scandpg.org](http://www.scandpg.org) Sports Cardiovascular Wellness Nutritionists
- [www.acsm.org](http://www.acsm.org) American College of Sports Medicine
Official Guidelines:

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Books:


