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Pre and Post Exercise Meals

The topic in question is what the best pre and post exercise meals are. From personal experience, I have always been told that the best types of foods to each before exercise food that are high in carbohydrates such as pasta. Our football team always had pasta dinners the night before a game to build up on carbs so we had them to burn the next day. It is also important to consider the best meal that will help your body withstand the stress of exercise later in life. Australian studies have shown that the consumption of calcium rich foods helps prevent bone deterioration in athletes late on in life.1 The study explains how the bones are the main reservoir of calcium in the body, and by consuming by calcium our bones remain strong even after rigorous exercise. Parathyroid Hormones stimulate the process of demineralization of the bone, which mitigates the serum ionized calcium reduction as a result of exercise. This information shows how the best pre exercise are foods that contain high calcium levels and that build up carbohydrates to be burned off during the exercise. Fish would make a good meal to eat before physical activity.

The common belief on post exercise meals is too replenish glycogen levels in the body. A topic that is not accepted as widely is if there is an anabolic window after exercise that result in increased exercise-induced muscular adaptations and facilitate repair of damaged tissue. The journal explains how the primary nutrients that should be consumed after exercise are protein and carbohydrates.2 The article discuss how essential glycogen is to achieving optimal muscular training, and how to replenish it after the exercise. Carbohydrate consumption raises the glycogen levels of the body. Protein is also essential to promote and aid in muscle growth. This makes clean meat such as chicken a great post exercise meal. The journal was not able to definitively prove that there is a benefit to time framing meals. However, it is proven that eating foods that are high in protein promote muscle growth and recovery. The glycogen is lost during the workout due to the stress on the muscles. They can be replenished by eating foods that contain carbohydrates, such as rice. Chicken and rice is a great post workout meal that will replenish your glycogen levels as well as provide you with an adequate amount of protein. It is important not to rely solely on dietary supplements to fulfill their dietary needs. Many individuals will rely on a protein shake as their only post workout meals. By doing this they are not properly restoring their glycogen levels as well as other important nutrients such as electrolytes. Dietary supplements are meant to be in addition to, (supplemental), to a healthy diet. This common mistake needs to be avoided in order to effectively support your body.

Literature Cited

1. "The Effects of a Calcium-Rich Pre-Exercise Meal on Biomarkers of Calcium Homeostasis in Competitive Female Cyclists: A Randomised Crossover Trial." *PLOS ONE:*. 13 May 2015, Web. 27 Sept. 2015.

2. Aragon and Schoenfeld: Nutrient timing revisited: is there a post-exercise anabolic window? Journal of the International Society of Sports Nutrition. 2013. 10:5