

We have had a few email questions regarding homework and what to eat before class. Regarding homework, we suggest that you do at *least* two homework sessions and no more than 3 sessions. Cardio is fine every day, although we believe you need at least two days off per week. When we say a day off, you can go for a walk, but we don't suggest any intense exercise on your "rest" day.



### **IMPORTANT! Hydrating and fueling your body before your class:**

- Drink a minimum of 16 oz of water 30–60 min before class
- Eat foods containing carbohydrates and quality protein 30–60 min before your class. Some food choices may include:
  - Oatmeal with fruit added, slice of whole grain toast, milk and or O.J.
  - Eggs, whole grain toast, small fruit serving, milk and or O.J.
  - Healthy whole grain cereal with fruit added.
  - Whole wheat toast w/peanut butter, yogurt, milk or O.J.
  - Turkey or chicken on whole grain bread with lettuce & tomato. Adding sprouts, olives or avocado with extra virgin olive oil or light salad dressing is a healthy choice too.
  - Salad with a variety of greens and vegetables, adding almonds and sunflower seeds will make your salad a complete protein. Pumpkin seeds may be added as well as diced fruit which can be tasty as well as healthy.
- If running short on time, try a quick healthy snack:
  - Low fat yogurt with fruit and granola
  - Apple slices with cheddar cheese, almond butter or cashew butter
  - Whole grain crackers with hummus
  - Tuna on whole wheat crackers
  - Whole wheat bagel with nut butter and a banana
- Organic nutrition bars are a good choice if you do not have access to a healthy meal or snack.
- Fruit smoothies are a good choice pre and post workout, ingredients may include:
  - Fresh or frozen fruit
  - Low fat yogurt
  - Low fat milk, or soy
  - Orange juice
  - Acai
  - Adding a serving of protein powder will help promote tissue repair

**Proper nutrition and hydration is necessary for optimal health and fitness!**