

## How Does Your Exercise Impact Your Nutrition Needs?

**Each person has different nutrition needs based on their height, weight, gender, genetics, environmental factors, and the type of activity they do.**

Tackling nutrition needs for exercise isn't a one size fits all approach. However, there are some general things to keep in mind to make sure you're on track and doing the best you can to fuel correctly and minimize stomach upset. Start by asking yourself these questions.

### What kind of workout am I doing?

The [intensity of exercise](#) should be one of the first things on your radar. High-intensity exercise (i.e., running, spin class, high-intensity interval training, etc.) typically causes more stomach distress than low-intensity exercises (i.e., walking, leisurely bike ride, [yoga](#), etc.). Sudden quick movements like jumping and sprinting that jolt your stomach (and any undigested food!) are one main reason for this. Another key influence is that blood diverts away from your stomach and to your working muscles and heart when you're exercising, making it even more difficult for you to process the food you've eaten. Exercising hard in very hot conditions (i.e., outdoor runs in the summer, hot yoga) is also likely to cause distress if you haven't fully digested your pre-workout snack.

### Cardio

With cardio exercises, your primary focus should be on your meals earlier in the day so that you maximize your fuel reserves. If you're working out early in the morning, have a small snack before your exercise, and then have a [bigger breakfast afterward](#).

### Strength-Training

When strength-training, your pre-workout snack isn't as important as your post-workout snack. Although you aren't burning as much energy during the workout as cardio, it is essential to eat a well-balanced meal or snack post exercise to provide your body with carbs and protein needed for recovery and building muscle. [Post-workout shakes](#) are an easy option that can replenish carbohydrates, protein, fluids, and electrolytes. Give your body the building blocks it needs!

### Yoga

Unless you are doing Bikram/hot yoga, a [pre-workout snack](#) may not be necessary before a yoga session. The sensation of digestion may disrupt your focus and tranquility, especially if you eat something your body isn't used to. Additionally, yoga does not tax the muscles in a way that burns a lot of calories, so a pre-workout snack may add extra calories to your day. It is better to focus on healthy, balanced meals throughout the day to keep your body ready for downward

dog! If doing hot yoga, ensure that you [stay well-hydrated](#) before and after your session.

## What are my goals for my workout?

### Weight loss

Unless you are famished, if your goals are [healthy weight loss](#) or management, a pre-workout snack may not be the best choice, especially if your workout is