

Exercise & Sports Nutrition

Write up:

The group we created this project for was HOPE to teach the members about Sports Nutrition. Hutch and I were working together at this site. This lecture was designed to piggyback off previous lessons we taught about physical activities and energy balance.

Exercise and physical activity

Exercise can be any kind of movement that you enjoy!

- Running
- Sports
- Dancing
- Cleaning
- Walking

What are your favorite kinds of movement?



Two Main Benefits of Exercise

Energy Balance!

Calories In Vs. Calories Out

If we want to...

Gain weight = More in than out

Lose weight = More out than In

Maintain weight = Equal amounts in and out

Overall Health!

Exercise is good for our...

- Muscles
- Bones
- Brain
- Skin
- Mood
- Productivity
- Social lives

[https://youtu.be/
oEPFbkDrYuM](https://youtu.be/oEPFbkDrYuM)

[https://youtu.be/
ylYow04AAVk](https://youtu.be/ylYow04AAVk)

Sports Nutrition!

Now that we know how good it is to be active, let's learn about the right way we can fuel our bodies before and after a workout!

When you hear the word Carbs...What do you think?



Carbohydrates and Exercise

Carbs are actually really important in our diet
Especially if you exercise!

- Eat a good serving of healthy Carbs before a workout with a little Protein
- Eat a meal or snack with Healthy Carbs/Protein and a little fat after a workout



The Macros When We Move

Carbs: The Bodies main source of energy



Protein: To build and repair muscles and bones



Fat: Absorb vitamins and protect organs



Water: Rehydrate you after sweating



Disney Dance Party?

<https://youtu.be/ida5qWoCFho>

**Activity: Let's Take a look at how
much energy we use in certain
exercises**
