



FIVE NUTRITION FACTS FOR RUNNING AND WALKING

1. Don't leave home without breakfast. Breakfast puts fuel in your tank so you won't run out of gas.
2. Eat carbohydrates for energy. Active people need carbs to fuel exercising muscles.
3. Try eating fruit, like a banana, for a pre-race breakfast. Fruits, as well as vegetables, are high in carbohydrates, typically low in calories, and are excellent sources of antioxidant vitamins that have cancer-fighting properties.
4. Drink water or sports drink up to 15 minutes before the race; especially if it's hot or humid. Watch out for the calories in sports drinks.
5. Beware of "portion distortion". It's important to eat enough to supply your body with energy, but avoid eating more calories than your body needs; especially on "non-running/walking" days.

If you have nutrition questions, contact Nancy Stamp, RD,LD, at
nstamp@cinci.rr.com