



 FREE MEAL GUIDE 

Fuel Your Workout

What to eat before and after exercise

rem.my FITNESS · Johor Bahru

Senior & elder fitness · Body Sculpt · Personal coaching

fitness.rem.my · WhatsApp +60 19-77 321 77

Food that works with your training

What you eat around a workout changes how you feel in it — and how you recover after. The golden rule is simple: easy-to-digest carbs before, and protein plus carbs after. Keep it light and give yourself time to digest, especially as we get older.

Key points to remember

- Eat a light snack 1–2 hours before training.
- Drink water before, during and after — small sips throughout.
- Have protein within about an hour after you finish.

A sample day on this plan

Meal	Options
Pre-workout (1–2 hrs before)	A banana · a slice of wholemeal toast with peanut butter · a small bowl of oats with milk · or a handful of grapes.
During (if needed)	Water is usually enough. For longer sessions, sips of juice or a light sports drink help.
Post-workout (within 1 hr)	Milk or a smoothie · eggs on toast · chicken rice (moderate) · or a glass of milk with a banana.
Hydration all day	Aim for 6–8 glasses of water a day, more if you sweat. In hot weather, an occasional glass of barley or coconut water helps replace electrolytes.

Weekly shopping list

- Bananas
- Wholemeal bread
- Milk / plant milk
- Yoghurt
- Frozen berries (for smoothies)
- Orange / fruit juice
- Oats
- Peanut butter
- Eggs
- Chicken breast
- Coconut water
- Cucumber

Handy tips

- Too heavy a meal too close to training can sit uncomfortably — keep it light.
- For morning classes (like Friday Body Sculpt at 6:45 PM, a light afternoon snack works).
- Post-workout milk is a simple, affordable recovery drink.

This guide is general information, not medical advice. Always check with your doctor or a dietitian before major dietary changes, especially if you manage a health condition.

rem.my FITNESS · Senior & elder fitness, Body Sculpt & personal coaching in Johor Bahru