



# Be Fit-Be Well

## ENERGY BARS, GELS AND ELECTROLYTE REPLACERS: ARE THEY ESSENTIAL SPORTS FOODS?



**Energy Bars:** The Best "Pre-Workout" snack is any food that provides carbohydrates and between 100-250 calories. Energy bars are a great source, as long as the calories are in check. Also be sure that your snack or energy bar is a food that will digest easily and does not "talk back" to you. Experiment to decide which foods settle best with you during your workout.

**Gels:** Gels are most ideal for training sessions lasting longer than 90 minutes. If you are training for endurance, gels can be a source of energy. Again, experiment to decide which are best for you. Some gels do not sit well as they are made of types of sugar. If you are training in less time, a great substitute is peppermint patties, M&M's or other candies that consist around 100 calories a serving. Typically unless a marathon training is occurring, a gel or endurance snack is typically not needed. Typically per hour 200-300 calories should be consumed to maintain energy.

**Electrolytes:** Most commonly known as sodium, calcium, magnesium and potassium. Electrolyte supplements can be a great source, but there are other more affordable options in "real foods". We need electrolytes to replenish while we sweat during our workouts. People who sweat heavily may lose 1,000-3,000mg of sodium in a hard hour of exercise. It's best to add salt to foods and snacks before long workouts, especially in the heat. Add salt to meals, or include salty snacks as pre workout source. Examples are pasta, ham and cheese sandwiches, dill pickles, powerbars and gatorade

Supplements can be a great addition to diet, just make sure the calorie content is in check, and matches the amount of exercise that day. Other real foods can also be an equal source to proper supplements.

*Source: ACSM Fit Society Page*

## Move of the Month –Crossover Lunge



Start with feet shoulder width apart. Use a dumbbell or medicine ball for weight. Step back and cross behind front leg, bending both knees. Return to starting position and complete on the other side. Complete 2 sets of 12 repetitions (both legs count as one repetition).

Source: PopSugar.com



### **MOVING FOR A MOVEMENT FITNESS DAY**

Join us for a fun family day at Y.H. Thomas

April 16th from 9am-2pm

5k walk to support the JRDF Diabetes Foundation

Basketball Tournament

Fitness Expo with free health screenings

Call 757-727-1200 for more information

# Ask Ashley!

Fitness Center Membership just \$15/month

Access to all 4 Fitness Centers:

West Hampton

Northampton

North Phoebus

Fort Monroe

BREAKFAST  
BINGO

*West Hampton Center  
4th Wednesday each  
month 10am-12pm*

**Ages 55+**

**Get together and enjoy quality time  
with your friends while playing bingo  
and enjoying a delicious breakfast.**

**Prizes awarded to winners of each  
game!**

**Call West Hampton Community Center  
for more information.**

**896-4687; 1638 Briarfield Road**

**Q: How much protein should I  
have in my diet?**

**A: Protein is a very important part of our  
diet. Protein is a component of every part  
of the body, and we use it to build and  
repair tissue. Unlike Carbohydrates and fat,  
our body does not store protein, so it has  
no reservoir to pull from when it is low.**

*Average male needs 56 grams per day.*

*Average female needs 48 grams per day.*

**Protein helps us build lean muscle, recover  
quickly after exercise, and curbs hunger.  
There are a variety of sources for protein  
including:**

**\*Meat \*Milk \*Eggs \*Soy \*Fish \*Beans  
\*legumes \*supplements**

**If you choose to add a protein powder  
supplement drink into your diet, be sure to  
choose one with no artificial sweetener, a  
low carb count, and low list of ingredients.**

*Source: Medline Plus and Prevention.com*

**Got a Question about health and fitness?**



**Email me your question at:**

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## CONTACT US!

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YH Thomas  
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[www.hampton.gov/parks](http://www.hampton.gov/parks)

[facebook.com/  
hamptonrecreation/](https://facebook.com/hamptonrecreation/)

***Join the fun!  
Like us on Facebook  
At HamptonVA***

# Save the Date!

- ***Wake Up! National Caffeine Awareness***  
***Month; March 11th, 8:30am to 9:30am;***  
***Hampton Senior Center; sample coffee and light breakfast served. Register by March 4th. 757-727-1601.***
- ***March Madness Teen Tournament; March 26th***  
***10am-4pm at North Phoebus Center. Teens can register and be drafted onto one of 4 basketball teams to compete for prizes and titles! Free with HPR membership.***
- ***5K Walk for Diabetes; April 16th 9am-2pm at***  
***Y.H. Thomas Community Center. Also fitness expo and basketball tournament. Call 727-1200 for more info.***
- ***Mother & Daughter Tea April 30th, 12pm to***  
***3pm at Northampton Center. \$10 per person. Call 825-4805 for details and to register.***