



**Danielle**

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***“Should I be eating – before or after exercise?”***

With the summer season fast approaching, I have been thinking about my exercise routine. When should I be eating - before or after?



***“Interesting question - Nutrition does make a difference in how you exercise.”***

Food takes time to digest. It is recommended to eat two to three hours before engaging in sporting activity. This allows for both the digestion and absorption of the nutrients and energy from the food to reach the cells of the muscles to be available during your exercise.



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