



WELLNESS

PHYSICAL • MENTAL • SOCIAL

GEHA



EAT LIKE THE CHIEFS: NUTRITION TIPS

SPRING INTO ACTION!

The new league year is beginning and the weather is getting warmer - which means it's time to get out into the fresh air and exercise! Whether you are in intense training or just looking to improve your health, spring is a great time to get moving. Here's how to fuel yourself for success.



PRE-WORKOUT

A pre-workout snack is usually only warranted if it has been a few hours since your last meal or if you will be working out for over 60 minutes. If either of these is the case, grab a small snack prior to your workout.

Coconut water is an excellent source of electrolytes, quick carbs and hydration. If you're feeling hungry, try half of a PB&J on whole wheat or a banana. An apple is also an excellent pre-workout snack because it provides fiber to satiate and hydration to enhance your workout.

POST-WORKOUT

Nearly everyone can benefit from the correct post-workout fueling. Consuming lean proteins and carbohydrates can enhance recovery and restore glycogen to the muscles.

Within 45 minutes of working out, enjoy one of these snacks to get your muscles mending

- ½ cup Greek Yogurt with Berries
- One Banana with 2 Tbsp Peanut Butter
- ¼ cup Almonds & 2 Dates
- 12 oz Chocolate Milk
- Protein Bites – 2 oz

Remember that hydration is key to performance so make sure you start your workout well hydrated, replace lost electrolytes throughout your activity, and continue fluids afterward (water, coconut water, tart cherry juice or green tea).

Explore more at the [Chiefs Wellness Program homepage](#) -->



ERIN WISHON

Senior Executive Chef Erin Wishon is in her fifth year in Kansas City, directly overseeing both team and stadium culinary operations while providing two to three meals a day, six days a week for players and coaches with a focus on sports performance and nutrition. Prior to her time in Kansas City, Wishon oversaw culinary operations of three different NFL stadiums, an MLB stadium and multiple convention centers. She also served as an executive chef for the Major League Baseball All-Star Game in 2012 and advised the host facility with Super Bowl LII planning.