

FITNESS TIPS

What To Do Before A Workout Session

GET THE MOST OUT OF
YOUR WORKOUT



Eat 3 Hours before Workout

NUTRITION IN FITNESS IS IMPORTANT. IT IS NOT ENOUGH TO HAVE A BALANCED DIET, BUT MEALS MUST BE DISTRIBUTED THROUGHOUT THE DAY ACCORDING TO TRAINING. THIS IS WHY IT IS NECESSARY TO TRAIN AFTER DIGESTION IS COMPLETE.



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I hated every minute of
training, but I said,
'Don't quit. Suffer now
and live the rest of
your life as a
champion.'

MUHAMMAD ALI



3 Points to Remember

Diet

GET THE FUEL FOR
YOUR BODY

Stretching

PREPARE YOUR
JOINTS

Warming

WARM UP YOUR
MUSCLES



Reminder: do as we do, do your research!
Compare our sources with your own and
always exercise common sense.

Sources

KERPEN, DAVE. "IT'S NOT ABOUT YOU: 4 STEPS TO INSPIRE YOUR AUDIENCE". GROWTH INSTITUTE, [BLOG.GROWTHINSTITUTE.COM/MARKETING/INSPIRE-YOUR-AUDIEN](https://blog.growthinstitute.com/marketing/inspire-your-audience)CE. CONSULTED 15 JANUARY 2021.

SMITH, JACQUELYN. "5 TIPS FOR GIVING A POWERFUL SPEECH THAT WILL INSPIRE YOUR AUDIENCE." BUSINESS INSIDER, AUGUST 12, 2014, [WWW.BUSINESSINSIDER.COM/TIPS-FOR-WRITING-A-POWERFUL-SPEECH-2014-8](https://www.businessinsider.com/tips-for-writing-a-powerful-speech-2014-8).



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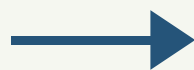
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