

Top 10 Diet Mistakes Active People Make

From [American Council on Exercise](#)

Though active people typically pay close attention to their fitness regimen (proper cardiovascular workout, strength training and stretching) they may be making crucial mistakes in their diet. Not putting the right nutrients in your body could ultimately affect the overall fitness benefits of an active lifestyle. The American Council on Exercise (ACE) shares the following nutrition mistakes commonly made by active people.

1) [Skipping Breakfast](#)

Experts agree -- skipping breakfast just means you'll be hungrier later, which can make it more difficult to control both your diet and your weight.

2) [Not Eating Before a Workout](#)

Providing the body with food for energy allows for a better, more productive exercise session. Try eating a pre-workout meal consisting of carbs, a little fat and some protein.

3) [Waiting Too Long After Exercise to Eat](#)

One of the best things you can do to prepare for your next workout is eat a small meal that includes both carbohydrates and protein within two hours of your last session.

4) [Replacing Meals with Energy Bars or Replacement Drinks](#)

Many energy bars offer little more nutrition than your average candy bar and replacement drinks may lack adequate fiber. There's really no substitute for healthy whole foods.

5) [Eating Too Much Protein and Not Enough Carbs](#)

The current popularity of low-carb diets has many people trying to fuel their workouts with poultry instead of pasta. But carbohydrates are essential to effective workouts.

6) [Trusting Dietary Supplements Labels and Claims](#)

Because the supplement industry remains largely unregulated, manufacturers can make unproven and untested claims about their products. Do your homework before putting anything into your body.

7) [Consuming Too Many or Too Few Calories for Your Activity](#)

Your caloric intake should be sufficient to support your active lifestyle, but not so abundant that weight control becomes a challenge. My calorie calculators include a Calories Per Day Calculator that can tell you how many total calories per day your body is burning, plus activity calorie calculators to determine how many extra you may be burning.

8) [Believing That You Can Eat Whatever You Want if You Exercise](#)

Whether you exercise a little or a lot, you still need to follow a healthy, balanced diet and watch you portion sizes.

9) Not Drinking the Right Amount of Fluids

Dehydration can be a serious problem, especially if you exercise in hot, humid environments. Drinking fluids before, during and after exercise will help you maintain adequate hydration levels.

10) Jumping on the Latest Diet Craze to Get an "Edge"

It's tempting to believe there is some magic formula out there that will dramatically improve our performance or lose weight, but the best approach is to stick to the basics and follow a healthy, balanced diet.

For more information on this topic contact **Penrith's 'Favourite Personal Trainers'** on the details below.

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