

How To Energize Yourself During HIIT Full Body Workout?

[Full Body HIIT Workouts](#) are famous because they promise you a fit and healthy body if you maintain a healthy diet and lifestyle. This workout has many movements that help your body to tone up. The training is performed intensely with all efforts. The activity is so intense that you get all the benefits in just 80 to 95 seconds at a high heart rate. You can reap more benefits from this exercise in a shorter time than doing 1 to 2 hours long daily workouts.



HIIT can torch your calories even after the workout session is over for hours. HIIT helps you lose weight, increase metabolism, lower blood pressure, and reduce belly fat.

If you are willing to have the perfect shape in your body, you must take care of what you are doing once you exit the [fitness clubs near me](#). You must take a proper diet and fuel your body before and after the workout, and eating better can make the most out of your training.

Let's see how you can fuel your body:

Eating Before a HIIT Session

When you work out, it's essential to keep in mind that you should keep your tummy full to perform at your best. If you do not eat properly, you may feel lethargic. Pre-workout nutrition is necessary, focusing mainly on carbohydrates and proteins. Carbs are the primary source of fast-burning power that helps fuel your muscles, and protein can help your muscles with extreme exercise.

Make sure to eat three hours before the HIIT workout:

- Banana or apple with almond butter or any shake.
- Peanut butter on whole wheat toast or brown bread.
- Low-fat Greek yogurt completed with berries on the top.

Refueling After a HIIT Session

Including carbs in your diet is crucial after a HIIT session. Your body will store some of the carbohydrates we consume in the liver and muscles as glycogen. But when you do an intense workout, most of these glycogen or energy stores get exhausted. Intense exercise also breaks down muscle tissue. Protein after training is a must to allow repair and revamp of injured muscles of your body. Visit [free gyms near me](#) for more details.

To get the most out of the workout, eat carbs with protein after your HIIT training. Seek a 3-to-1 carbohydrate-to-protein balance in your diet. Combining carbs and proteins gives the muscles precisely what they require to recover after an intense workout. This also enhances performance in your next activity. Try these options:



- Turkey on whole grain bread with tomatoes on it.
- A cup of low-fat chocolate milk
- Hummus with sliced veggies and pita bread

Hydrating yourself

One of the most necessary things while you work out, is keeping yourself hydrated before, during, and after doing the **best hiit workout**. Make sure you are hydrated and drink enough fluids and sports drink to get the lost electrolytes from your body. When you work out intensely, you lose electrolytes as sweat. To get

those back, you must drink enough water and other fluids or even an electrolyte drink to keep you hydrated and active.

In Conclusion:

Eating and keeping yourself hydrated for better recovery is as vital as exercising to keep yourself healthy and fit. Eat within 15 to 20 minutes after your workout is over. Contact a dietician or a [Closest Gym To Me](#) who can help you with the diet plan.

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