



## BEFORE DAWN WORKOUT TIPS

Make sure you're prepared for the hot summer months with tips from experts like Larry Fitzgerald and EXOS. While the heat can be a challenge, it's nothing you can't beat with the right advice. Stay cool, stay strong with Team EAS.



### PLAN

Set your morning goals and strive to reach them. Whether it's recruiting an accountability workout buddy, laying your clothes out the night before, or putting your alarm clock across the room—make your game plan and stick to it.



### REST

A full night's sleep (7 to 8 hours) is the key to better performance. Your body needs the time to repair itself for another full day of demands.<sup>1</sup>



### FUEL

Maintain energy levels by getting in carbs and protein before your workout.<sup>2</sup> For your post-workout nutrition, pre-make your morning treat, like our new EAS® Fruit Smoothies, available exclusively at Target®, the night before. It's something you can look forward to with the nutrition your body needs to recover after your workout.



### HYDRATE

Start your day with at least 20 ozs. of water in the morning. Put your water bottle in the fridge before you go to bed so it will be cold and ready for you. For every pound of body weight you have, you'll need to drink ½ to 1 oz. of water throughout the day.<sup>1</sup>



### EXERCISE

Keep your workout cool by starting early or going to an air-conditioned gym. Getting done early sets your day up for success with a feeling of accomplishment and plenty of energy to use.<sup>1</sup>

#### References:

American Dietetic Association, Dietitians of Canada, American College of Sports Medicine. Position of the American Dietetic Association, Dietitians  
<sup>1</sup>EXOS a leader in proactive health and performance, trusted by elite athletes, the military, and innovative companies worldwide.

<sup>2</sup>Team EAS® member Larry Fitzgerald

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