



Refueling for Mindful Movement

Type of Movement:	Refuel:
Walking (30 minutes)	1 Starch or 1 Dairy Exchange <i>Example: 1 cup of yogurt or 1 granola bar</i>
Yoga Class (60 minutes)	1 A snack → B snack <i>Example: ¼ cup mixed nuts → ½ cup mixed nuts</i> OR 1 Dessert <i>Example: ½ cup ice cream or 1 brownie</i>
Hiking (60 minutes)	B Snack <i>Example: 1/3 cup hummus + 1 indiv. bag of pita chips</i>
Bike Riding (30 minutes)	1 Other Exchange <i>Example: 1 indiv. bag of sun chips</i> OR A snack <i>Example: 1 apple + 1TBSP peanut butter</i>
Swimming (30 minutes)	1 Other Exchange <i>Example: 2 teddy graham snack packs</i> OR A snack <i>Example: 1 pkg. fig newtons</i>
Workout Class (60 minutes)	B snack <i>Example: 1 clif bar + 8 oz of milk</i>
Weightlifting (30 minutes)	1 Other Exchange <i>Example: 1 pkg. nature valley granola bars (2 bars in pkg.)</i> OR A snack <i>Example: ¾ cup honey nut cheerios + 8 oz of milk</i>
Running (30 minutes)	B snack <i>Example: 1 cup greek yogurt + 2 TBSP diced nuts</i> OR 1 Fat Exchange, 1.5 Protein Exchanges, 1 Grain Exchange, 1 Milk Exchange <i>Example: ½ peanut butter sandwich + 4 oz yogurt</i>

All movement should be mindful. Exercising that includes anything conducive to high caloric burning is not advised.

Give yourself permission to rest when tired, injured, sick or when weather conditions are poor. Check in with yourself to notice what is driving your movement and if your happiness is determined by your daily exercise.

Please be sure to check in with your dietitian regarding any questions around proper refueling.