

## ***EATING BEFORE ACTIVITY & CARDIOVASCULAR RESPONSE***

**Do not eat within 1-2 hours prior to prolonged and/or intense physical activity. There is a physiological change that takes place relative to the cardiovascular system upon ingestion of foods. This change during digestion acts to redirect blood flow from the muscles to digestion.**

**Since the body's total blood volume desirably remains the same, the movement of excess blood to any one part of the body requires an enlargement (vasodilation) of the vessels in that specific region, and a reduction (vasoconstriction) in the size of the vessels in all other regions. When you eat, there is a greater need for blood in and around digestion for the purpose of carrying nutrients to the main vascular tree. When vessels dilate around digestion, they constrict in muscular areas. As a result you may experience not only cramping but also nausea, dizziness, and a general feeling of fatigue. Hence, it is important not to eat within 1-2 hours prior to exercise.**