

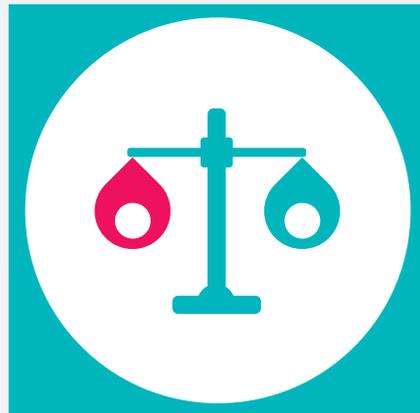
Exercise

4 Tips for Keto Beginners

What you need to know to ensure your body has the fuel it needs to exercise when your body is making the **metabolic switch into ketosis.**

01 ADJUST YOUR MACROS

Eat 0.6-1g of protein per pound of body weight



02 ENERGIZE YOUR WORKOUT

Add MCT oil or powder to your favorite drink



03 REPLENISH YOUR ELECTROLYTES

Pumpkin seeds, avocados, and leafy greens are packed with electrolytes



04 TIME YOUR EXERCISE

Exercise 2-3 hours after a meal rich in fat and protein

