

# Exercise

## ON A KETO DIET

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**.

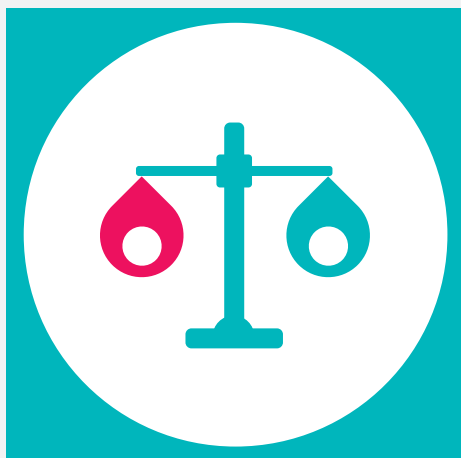


## 4 Tips for Keto Beginners

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

