

Should you eat before a workout? You may think that eating before exercise may potentially “undo” everything you’re about to accomplish, but in reality it’s important to fuel up before a workout. Exercising on an empty stomach can lead to the breakdown of muscle tissues, which in turn can negatively impact your metabolism. Knowing how to best fuel your body can help you get the most out of every sweat session and get you one step closer to achieving your goals. One thing to keep in mind is timing; the closer you get to a workout, the more simple the meal should be. If you eat a meal a few hours before the workout, something that is slowly digested may be better, such as a complex meal containing protein, fat and fiber. For example, a sandwich on whole grain bread with lean protein, and avocado would be a good choice a few hours before exercising. If you are eating within an hour of a workout, something that is digested and absorbed quickly would be better to eat such as a small bowl of cereal or a piece of fruit. Also, think about the intensity of your workout. A lower intensity workout doesn’t require as much energy as a demanding one.

Get energized for a workout with this banana smoothie.

## Banana-Walnut Smoothie



### Ingredients:

- 1 cup skim milk
- ½ large banana
- ½ T. honey
- 1/8 tsp. vanilla extract
- Walnut pieces (or 4 halves)

### Directions:

Blend all ingredients together. Enjoy!