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Snack Your Way to Energetic Workouts



Fitness & Nutrition are the wellness mantras of health-conscious individuals. Today's busy executives along with the not-so-busy-but-want-to-be-healthy people are scheduling a 2-hour visit to their gyms either during weekdays or weekends. Certainly a positive trend, especially when the heavy workouts are preceded by health building foods that gives adequate energy for these workouts.

If you are the type that visits the gym after 8 to 9 hours work-day, you need to make sure that your body has sufficient energy for the 2 hour workout. Light snacks which are healthy come to our rescue when there's a need for energy at the end of a long working day.

Some suggestions

- Dry fruits
- Banana
- Low fat milkshake or smoothie
- Whole wheat crackers
- Baked beans on toast
- Whole wheat sandwich
- Cereal with low fat milk
- Aloo chaat Boiled corn

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The above snacks not only carry nutrition but also give you the energy boost before a workout. At the same time, they don't make you lethargic or sleepy if taken in small quantities. Don't forget to drink a glass of water 30 minutes before you begin your workout.

Avoid These Foods Before Rigorous Exercise

- **Fatty foods & fried foods** – they take too long to digest
- **Sweets** – they take long to digest and cause rapid blood sugar changes
- **Sugary drinks** – they cause rapid energy swings and you might end up with less energy instead of more!
- **Caffeine** – it stimulates the body to increase urine output.

