

The Best Pre and Post Workout Snacks

Aside from stretching, eating before a workout plays the largest role in how successful your workout will be. While your clients may be focused on protein, without a healthy dose of carbs, they're at risk of burning out by the end of the workout.

A balanced, healthy pre-workout snack can go miles in helping clients run their mile or make their weight lifting goal. Here are some cheap, quick ideas to get them up and moving, snack in hand. There's no need to go out and buy a cart full of health food, so remind clients to focus their snack fueled ideas on picking things they enjoy.

- A healthy, energetic option is simply wheat toast with peanut butter and banana slices. The carbs and potassium are bound to keep clients energized during and even after a workout. Add a sprinkle of cinnamon for flavor.
- Smoothies! These aren't just a summertime treat. When done correctly, they can be a perfect pre-workout snack, just make sure to remind everyone about portion control. Stick with fruits and Greek yogurt, and go for the small cup, especially when buying it on-the-go.
- While fruit has always been a popular go-to for healthy eaters, making sure to pair fruit with some kind of energy-booster is important. Try apple slices with peanut butter for an extra energy kick.
- Oatmeal. While this may seem boring, it doesn't have to be. With a dash of cinnamon or pumpkin spice and a selection of fruit, oatmeal can be the ideal pre-workout snack.

Along with a pre-workout snack, it's important to grab something to eat after a workout too. Shirking on the post-jog snack leads to feeling drained and exhausted after a workout. Whether the plan is swinging by the apartment for a snack and a shower or hitting a cafe before going back home, here are some healthy options for a post-workout meal.

- Chicken with veggies. Grilled chicken can offer a lot of nutrients for a client recovering from a workout, including protein and carbohydrates, as well as vitamins to keep you going for the rest of the day.
- A tuna sandwich. This is an easy fix, and a tuna sandwich is perfect for anyone looking for an ideal lunch. Tuna is high in carbohydrates and protein, but low in calories.
- Chocolate milk? Believe it or not, chocolate milk is a perfect pick-me-up, and we don't mean that in the emotional way. From carbs and protein to water content and calcium, this drink packs a refreshing punch. Try using bitter chocolate and mix in natural sweeteners or non-sugar options to cut calories.

Remember that nutrition advice is something you provide officially as a personal trainer, and check to ensure our policy covers you before giving tips.



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