

Before exercise

Before your workout, try to eat a meal or snack that:

- is high in carbohydrates to increase your blood glucose level and your glycogen level
- contains some protein to help your muscles recover after exercise
- is low in fat and fibre because these can take a long time to digest and may cause tummy problems

Pre-exercise snacks

30 to 60 minutes before you exercise, pre-exercise snacks could include:

- Greek yoghurt with fruit
- homemade granola bars
- bagels, rice cakes or crispbreads topped with chopped banana
- a smoothie made with fruit and low-fat milk



Pre-exercise meals

Two to three hours before you exercise, pre-workout meals could include:

- wholegrain cereal or porridge with low-fat milk
- two slices of wholemeal toast with poached eggs or baked beans
- a jacket potato with tuna and salad
- lentil and vegetable soup with a wholemeal bread roll



Pre-exercise hydration

Try to make sure you're already well hydrated before you start exercising by drinking steadily throughout the day. Water, tea and coffee, all count towards your daily fluid intake. Fruit juice and smoothies also count, although it's best to limit these to one small (150ml) glass a day.