



American Heart Association®

Hard Hats with Heart™



Toolbox Talks

Pre- and Post-Workout Snack

Be Prepared!

Being prepared with the right pre-workout snack will help keep you on track with your fitness regimen. The rules for eating before exercise can be confusing, but these nutrition pro eats will help you maximize your workout.

- **STEEL-CUT OATS with berries is a great pre-workout breakfast.** Steel-cut oats are loaded with carbohydrates which are slowly digested to keep you full during your workout. Adding berries provide extra carbs as antioxidants to fight against workout induced stressors on the body.

- **BANANAS are a high-quality complex carbohydrate and the best source of energy prior to a workout.** The carbs will fuel your workout and the potassium can help prevent muscle cramps during exercise. Bonus that they're an easy grab and go option!

- **APPLE SLICES AND PEANUT BUTTER.** Prep your own or ready-to-go packs available at the grocery store come in handy too.

- **A handful of PISTACHIOS AND BLUEBERRIES for a power-packed protein and carb combo.** The blueberries are packed with anti-inflammatory properties, which may help recovery from exercise induced muscle damage resulting in strength losses. Pistachios are full of energy, protein, and fiber.

- **SMOOTHIES made with fruit and veggies** can increase your energy, improve digestion, and boost your immune system.

Frequently Asked Questions:

What is a good snack for energy?

Carbohydrates fuel your workout so try health sources of carbs such as fruits, vegetables, and whole grains!

Discussion Questions:

- What is your go to pre/post workout snack?
- Do you feel a difference in your performance when you eat a snack before working out?