



The
PTI BUZZ
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What to Eat Before Your Workout

For most people it is very important to eat at least one hour before you exercise. Even if your workout begins at 6:00 am try to incorporate one of the following into your schedule.

Fruit and yogurt
Nuts
Oatmeal
Cereals (with more than 3 grams of fiber) and skim milk
Trail mix with nuts and dried fruit
Hummus and raw veggies
Hard boiled eggs (or egg whites)
Cottage cheese and fruit
Whole grain crackers with nut butter or cheese
Tomato or vegetable juice
Yogurt smoothie (with added protein powder, if desired)
Most protein/energy bars

Jumping on a trampoline can burn up to 100 calories in just 30 minutes!!!!



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