



# Eating Before Your Workout: What You Need To Know

BLOG POST for tougher.me

[Note - this was coursework for the Aquent Gynmasium course Writing For Web & Mobile. Jeremy Osbourne at Aquent said:

“I have to commend you on your effort on this assignment and the course in general. Really thorough and well documented research and writing. I'm kind of blown away!”]

## **What You Need To Know About Eating Before Your Workout**

Everyone into training and fitness asks themselves this some time or another: should I eat anything before my early morning workout? If so, then what?

**Ask five different people and you're likely to get five different opinions.**

Diet as part of training is a big issue, and there are all sorts of personal anecdotes, half-truths and theories thrown around. So, I rocked back on my heels when I saw that pretty much every expert opinion on the subject said the same thing: Yes. Consume something before your workout.

Back in the old days, everyone thought that exercise on an empty stomach was good for burning fat. No calorie intake = your body will burn its fat reserves instead.

But this myth has been debunked by many experts, among them Brad Schofield on Bodybuilding.com last September, where he says: ‘... the strategy to perform cardio on an empty stomach is misguided, particularly for physique athletes.’ In fact, his whole article (see links below) is awesome and well worth the read!

## **So, what do you eat and when?**

The modern approach was summed up by a piece in Time Magazine in 2014 - basically, get yourself stocked up with the right food at the right time: high carbs and protein and low fat roughly three to four hours before you exercise.

But what if your workout is first thing in the morning? You can't chow down on egg rice at 3AM!

Mybodytutor.com gets more scientific about it: your body needs some glucose (blood sugar) for fuel on top of what it can use from fat stores when working out. If you don't have any blood sugar available, your body will eat its own muscle... Whoa.

Low blood sugar will also make you tired and sluggish during your training session. You'll hit a wall quicker. Try to eat something 45 minutes to an hour before training to give you more energy and endurance to work harder.

## **The quick pre-workout fix**

But still, what if you're up and out of the house in a flash at sunrise? What about something you can take in the car on the way to the gym?

The guys at Fitday.com say go for the smoothie route maybe 40 minutes before you start. Why not blend up your own carbs and protein mix of fruit, nuts, veg and maybe coconut milk and leave it ready in the fridge to grab and go? And also make sure you drink some water - you don't take in any fluids for hours while you're asleep, so your body is likely to be dehydrated.

Julian Michaels strikes the right note on his website Julianmichaels.com: "The Bottom Line: You should always eat something before a workout. I'm not suggesting you pig out. A small, healthy snack consisting of carbohydrates and protein will properly fuel your body for a killer workout."

So there you have it. Basically, eat the right thing at the right time, and you'll feel all the more awesome for it, during and after your workout!

Got any experiences or tips about this issue? Get on the discussion board and share your advice and knowledge!

(and if you've got the time, here are some handy links to the full articles I mention:)

<http://www.bodybuilding.com/content/the-myth-of-cardio-before-breakfast-debunked.html>

<http://time.com/3387314/eat-before-or-after-workout/>

<https://www.mybodytutor.com/pages/meals-before-or-after-exercise>

<http://www.fitday.com/fitness-articles/fitness/is-it-better-to-eat-before-or-after-a-workout.html>

<http://www.jillianmichaels.com/fit/lose-weight/myth-empty-stomach-workouts>