



## 5 perfect pre-workout snacks

**The best thing you can do for your body is to make sure you fuel it properly for your workouts. You don't always need to eat right before a workout, especially if it's a short one. I always work out first thing, and tend to re-fuel after my workout rather than before.**

Your body will store energy in the form of glycogen and fat, so you just need to send a signal allowing the body to tap into these stores.

The perfect way to do this is via snacks that are high in protein and fat, are easily digestible and can be eaten close to your workout, especially if you are going straight from work.

**Here are a few of my favourite pre-workout snacks:**



- Apple with Peanut Butter
- A handful of fresh berries
- A banana smoothie
- Half of an avocado
- A handful of nuts (almonds, pecans, walnuts and cashews are all great choices)