Food recommendation

1. Bananas: Eating a medium banana with ½ cup of Greek yogurt before do exercise 30 minutes would aids in maintaining nerve and muscle function.
2. Oats: Eating one cup of oats at least 30 minutes before you begin exercising would help you release carbohydrates into your bloodstream and convert carbohydrates into energy.
3. Wholegrain bread: if you’re doing exercise during your lunch break, grab some bread about 45 minutes before. That provides carbohydrates and protein for your body.
4. Fruit: The carbohydrates from fruits break down quickly to become fuel for a workout and the protein is used later to prevent muscle damage.
5. Omelette: Eating omelettes 2-3 hours before a workout would help you avoid catabolism and promote muscle growth.
6. Chicken: Serving chicken with rice and vegetables 2-3 hours before doing exercise would provide amino acids to promote muscle anabolism and a slow releasing source of energy.
7. Apple Wedges and Peanut Butter: Enjoying sliced apple wedges with a small spread of peanut butter is perfect for consuming 30 minutes before a workout!
8. Greek yogurt: Serving dried fruit with Greek yogurt 1-1.5 hours before workout can provide the body with a source of protein to help optimise your workout.