



## **FITNESS Q & A: HERE'S TO A HEALTHIER YOU!**

**Question: Is it OK to exercise on an empty stomach?**

**Answer:**

If you don't eat before exercising, you may feel dizzy, tired or weak. By all means, have something to snack on at least 30 to 60 minutes before a workout. A small snack can help you keep up your energy and get you through a workout. Bananas or other fresh fruit, yogurt or peanut-butter crackers are good pre-exercise snacks.

