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# Sports Stack

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## Eat To Prevent Dizzying Workouts

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Written by [kylestack](#) on 11/02/2010 11:42:11 PM

There are times when I focus so much on my daily workout, that I put off eating before the gym. It's certainly not a healthy habit. Unfortunately, I'm not alone.

Eating improperly, or not eating, before a workout can lead to a low-blood pressure. That can become exacerbated whether exercising in a standing or sitting position. New York City-based dietitian [Maye Musk](#) recently explained to me that in the last few months she's witnessed an uptick in postural hypotension among young male adults in her practice. Also called orthostatic hypotension, it's a form of low-blood pressure which occurs when someone feels dizzy, or even faint, when standing up quickly.

Musk said eating appropriate food is vital to prevent postural hypotension. "I tell [my patients] to eat two hours before a workout," Musk writes in an e-mail message. "And not just an apple." Instead, she recommends a snack that contains protein, which takes longer to digest. This will permit most of the food to digest prior to hitting the gym yet still leave enough in your system to sustain an acceptable blood pressure.

An egg on whole-wheat bread will do the trick, as will a peanut butter sandwich, according to Musk. When asked if a protein or energy bar would be suitable, Musk writes that she prefers unprocessed foods since people should always prioritize eating as healthy as possible. However, certain processed foods, such as protein bars, are okay if you're on the run. "It's better than being starved," Musk writes.

Eating a protein bar is what I'll sometimes resort to in the event I don't eat a healthier, larger snack before then. In that case, Musk recommends eating half a bar no more than 30 minutes before working out. Eat the other half after leaving the gym. That way, you have something to subside your hunger, and you won't feel nauseous from eating too much.

I have to realize that eating a proper snack will optimize my lifting session. I haven't experienced dizziness at the gym; but knowing that others have will certainly make me more cognizant of my pre-workout eating habits.

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[bamacy1524](#)

11/05/2010 7:42:02 AM

If my workout is at an "off" time for me (normally, I workout after breakfast), Cliff MOJO bars are awesome! Just enough protein, satisfying and a tasty sweet & salty combo.

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[zonicka1](#)

11/03/2010 12:23:02 AM

I try to have a little something prior to working out. There is so much conflicting