

Easy Snack Ideas for Gymnasts

Before Gym:

- Banana + peanut butter
- Yogurt + granola
- Crackers + cheese
- Oatmeal with fruit

During Gym (if practice is long):

- Applesauce pouch
- Pretzels
- Fruit snacks
- Sports drink (only if it's hot or practice is super long)

After Gym:

- Chocolate milk
- Sandwich
- Fruit + yogurt
- And yes... a cookie or treat is totally okay here

Remember This

You don't need to avoid sugar. You just need to **fuel smart** so your body has the power to do all the amazing things you ask it to do.

You're strong. You're capable. And with the right fuel, you're unstoppable.