
gets me through Exercise early in the day leaves me exhausted...

Posted by Gabriela Blake - 2010/02/09 12:17

Whenever I exercise early in the day (before noon lets say) I am exhausted for the rest of the day. I yawn all the time, I need to take a nap and my legs feel like they have no energy. I generally try to eat something light like cereal or a banana or a bagel beforehand but that doesn't seem to help. But when I exercise later (typically after 3:00pm) I can do hard workouts and feel great afterwards...refreshed and energized. It doesn't seem to matter what the exercise is (running, skiing, squash, aerobics) it's the time of day that produces the feeling. Is this a blood sugar problem...or low blood pressure...? Should I be eating a certain number of hours before...drinking a sports drink...? Any info would be appreciated. Gabriela gbl...@bnr.ca

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Posted by John Shoemaker - 2010/02/09 12:17

Whenever I exercise early in the day (before noon lets say) I am exhausted for the rest of the day. I yawn all the time, I need to take a nap and my legs feel like they have no energy. I generally try to eat something light like cereal or a banana or a bagel beforehand but that doesn't seem to help. I never could get a good one in the morning and I'm a morning person. Afternoon workouts always work best for me. All this blood sugar stuff might help, but you might just be like a lot of people and can't do a good one in the morning. -john

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Posted by J. Bryan Ferguson - 2010/02/09 12:17

aerobics) it's the time of day that produces the feeling. Is this a blood sugar problem...or low blood pressure...? Should I be eating a certain number of hours before...drinking a sports drink...? Any info would be appreciated. Gabriela gbl...@bnr.ca Try eating a high protein meal (i.e. protein drink) within 60 minutes of completing your workout. It sounds lack you're crashing from too many carbs before your workout. This is intensified by the workout itself. You might even try a protein drink before your workout if you still feel tired after trying post workout protein meals.

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Posted by Lisa Hudson - 2010/02/09 12:17

I am most definitely a morning person and love working out then. I get up at 4:30 and my neighbor and I hit the pavement at 5:10 a.m. If I try to work out in the p.m., it is real hard to do. I have gotten very used to my morning runs.

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Posted by Jenny Ryan - 2010/02/09 12:17

Whenever I exercise early in the day (before noon lets say) I am exhausted for the rest of the day. I yawn all the time, I need to take a nap and my legs feel like they have no energy. I generally try to eat something light like cereal or a banana or a bagel beforehand but that doesn't seem to help. Gabreila, i generally run first thing in the a.m. The *only* thing that gets me through the morning without becoming lethargic is oatmeal. i now eat this almost every morning for the past 12 years or so. pretty boring, but it works for me! bagels and yogurt (usual runner standards) just don't get me through the morning. also, if i am doing a long run in the a.m. (say = 1.5 hours) i eat oatmeal before hand. it doesn't bother me running. anyway, its worth a try ...

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Posted by Stefan N Marsh - 2010/02/09 12:17

I am most definitely a morning person and love working out then. I get up at 4:30 and my neighbor and I hit the pavement at 5:10 a.m. If I try to work out in the p.m., it is real hard to do. I have gotten very used to my morning runs. As have I, Lisa. I find that at 5am

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Posted by David Lloyd-Jones - 2010/02/09 12:17

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-dlj.

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Posted by Francois Modave - 2010/02/09 12:17

Well , if I was not living that far, there would be some chances to meet while running:)))) I've never met anyone running at 5.30am, neither have I met anyone while riding the morning:))) so quiet at this moment... francois

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Posted by Warren - 2010/02/09 12:17

Sorry, that's Jenny, not Lenny.

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Posted by Warren - 2010/02/09 12:17

like cereal or a banana or a bagel beforehand but that doesn't seem to help. The *only* thing that gets me through the morning without becoming lethargic is oatmeal. i now eat this almost every morning for the past 12 years or so. pretty boring, but it works for me! bagels and yogurt (usual runner standards) just don't get me through the morning. What Lenny alluded to... eat about 100 grams simple carbs and 20-30 grams of protein within 30 minutes of finishing the run to replenish glycogen and help muscle tissue repair and rebuilding, and then eat complex carbs (like oatmeal) to help maintain energy during the rest of the morning. -Warren .

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Posted by Francois Modave - 2010/02/09 12:17

The situation is not the same for me. I am a triathlete and right now I have to ride early in the morning (very early... start at 5.30a.m...) but I manage to have a good workout with intensity (this morning, 30' easy 1h 170 bpm, near A.T and 30' easy) but I take a large portion of pastas or carbs whatever they are and the morning I train instead of having cereals I eat 2 power bars that are assimilated faster (in fact cereals won't help you at all, takes too long to assimilate them) 30' before my ride...it does work...maybe you should try... Francois PS nonetheless, I never do any track workout the morning...

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Posted by Peter Elsdon - 2010/02/09 12:17

for the rest of the day. I yawn all the time, I need to take a nap and my legs feel like they have no energy. I generally try to eat something light like cereal or a banana or a bagel beforehand but that doesn't seem to help. But when I exercise later (typically after 3:00pm) I can do hard workouts and feel great afterwards...refreshed and energized. It doesn't seem to matter what the exercise is (running, skiing, squash, aerobics) it's the time of day that produces the feeling. Is this a blood sugar problem...or low blood pressure...? Should I be eating a certain number of hours before...drinking a sports drink...? Any info would be appreciated. Gabriela gbl...@bnr.ca I believe this is something to do with the body's bio-rhythm where one's body is at it's peak in the afternoon. I'm sure someone with more knowledge on this subject can enlighten you further.

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