

PRE-WORKOUT: FUEL OR FOOL?



Teenagers who use pre-workout experience poorer sleep quality

- Sleep is essential for growing teens



Dry Scooping: Consuming multiple tablespoons of powder with no liquid

- Can cause choking and breathing trouble



Contains large amounts of caffeine and other stimulants

- Most products have 2-4 times the recommended amount of caffeine



WARNING

Pre-workout is not monitored closely by the FDA (Food & Drug Administration)



What To Do Instead?

Eat a carbohydrate focused snack to give you a natural boost of energy

Examples:

Banana + Honey



Peanut Butter & Jelly



OR

Drink alternatives include:

Low sugar hydration drink



Sparkling water

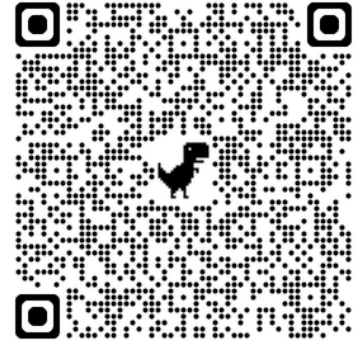


**CHOOSE SAFE, HEALTHY
WAYS TO BOOST ENERGY
AND PERFORMANCE**



Further Resources

“My 16-Year-Old Started Using a Supplement Before Working Out “Dry Scooping”. Is This Safe?” *HealthyChildren.org*, American Academy of Pediatrics



Pape, Megan. “Should Kids Use Pre-Workout Supplements?” *OSF HealthCare Newsroom*, OSF HealthCare, 13 Aug. 2024



Ganson, Kyle, et al. “Use of Pre-Workout Dietary Supplements Is Associated with Lower Sleep Duration among Adolescents and Young Adults.” *Science Direct*, Dec. 2025,

