# Leyla Weighs In: Eating Tips for Exercisers and Energy Drink Warnings

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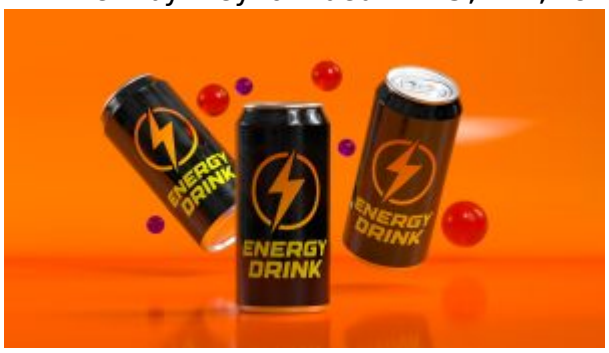


Are you undoing your morning workout with the wrong post-exercise meal? “Leyla Weighs In” revealing the best post-exercise foods that keep you in fat-burning mode. Plus, discover the true impact of energy drinks on your health.