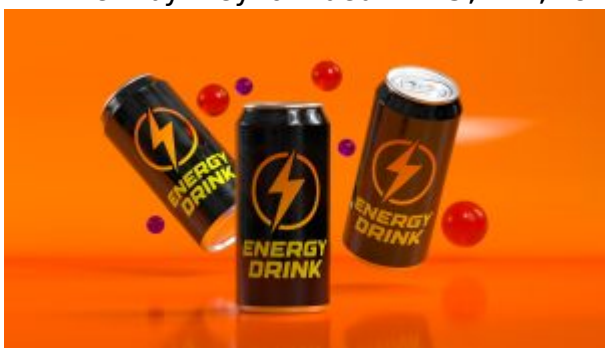
Leyla Weighs In: Eating Tips for Exercisers and Energy Drink Warnings

written by Leyla Muedin MS, RD, CDN | October 9, 2026



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.