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## Fitness Tips

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by Cari Draft Elliott, BS, CPT - ACE-Certified Personal Trainer

What's making me dizzy during my workouts?

***Question:*** *No matter what kind of workout I do, whether it's yoga, lifting weights or running on the treadmill, I start to get dizzy and feel like throwing up about halfway through the workout! It's getting to the point now where I dread exercise. Any idea what is causing this?*

***Answer:*** The first thing I'd recommend is contacting your doctor to have a complete physical taken, to see if you have an underlying medical issue which could be causing the dizziness and nausea. Have you had past heart problems? Could you possibly be having interactions between medications? Exposure to a virus? After you're "cleared" by your physician, then I'd look into your daily diet.

It's possible that your carbohydrate intake is low. Try consuming more starchy carbs before your workout and see if this helps the queazy feeling. Starchy carbs, like a cup of oatmeal, will provide the glucose for your brain and the energy needed to get you through a tough workout. You'll want to eat about 30 minutes prior to your workout.

Overtraining or lack of warm-up might also be a cause. Vigorous exercise in deconditioned people can cause dizziness as well. There are so many possible causes, you're just going to have to see your doctor to know for sure.

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**Cari Draft Elliott is an ACE-Certified Personal Trainer who makes "house calls"! Please check out her website at [www.oneononefitgirl.com](http://www.oneononefitgirl.com) and email your questions to [cari@oneononefitgirl.com](mailto:cari@oneononefitgirl.com).**

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