he said some just need to escape reality and don't want you pissed off me smoking again so that helps

cafeacutes, bakeries, and ice-cream shops (heladeras) are very popular

some oats, banana, apples, and other slow burning carb food sources would be great to consume within an hour or two of your workout and should be extremely beneficial in providing energy.

show them the answers to "what's in it for me?" and they're much more likely to sign up.