



Post-workout Nutrition

CALLING ALL ATHLETES! WANT TO RECOVER QUICKLY AFTER A WORKOUT? HERE ARE SOME EFFECTIVE NUTRITION TIPS TO GET YOU UP AND GOING.

Drink!

After a workout, you need to “top up your tank”, to replace the water lost in sweat. You need to drink until you are no longer thirsty and then some. All liquids count: water, milk, juice or diluted juice, drinkable yogurt, sports drinks, etc. Choose the one you like best. What about having a nice glass of chocolate milk?

Chocolate milk is an excellent recovery drink. It contains enough water (about 85%) to rehydrate your body thoroughly. It also has the ideal amounts of protein, carbohydrates and nutrients to replace the minerals lost in sweat, replenish your energy reserves and repair the muscles used during your activity.

Sports award!

One serving

- 1 banana
- 250 ml (1 cup) white or chocolate milk
- 15 ml (1 tbsp) honey, *if you use white milk*
- A few ice cubes

Place all ingredients in blender jar, blend up and enjoy your well-earned break!

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Flavoured milks (chocolate, strawberry, vanilla, etc.) that can be stored at room temperature (UHT) are also great post-workout snacks. Keep one in your sports bag. This is also an easy way to dampen hunger and keep you from overeating between meals.

Eating for recovery

To re-energize yourself after a workout, it is extremely important to top up your energy reserves. What do your muscles need **in the 30 minutes after exercising** besides water?

CARBOHYDRATES WITH A LITTLE PROTEIN!

Carbohydrates help replenish energy reserves, while proteins repair the muscles damaged by exercise.

WHY WITHIN ONLY 30 MINUTES?

- Because after that the enzymes responsible for replenishing your energy reserves go into “rest” mode.
- The half hour after a workout is when the body recovers best, so jump on it!
- No need for a big meal! A light snack rich in carbohydrates with some protein, and voila!

snacks

10 great recovery snacks

Chocolate milk	Yogurt and fruit
Bowl of cereal with milk	Ham and cheese sandwich
Cereal bar and drinkable yogurt	Energy bar
Crackers, cheese and vegetable juice	Trail mix
Smoothie	Cottage cheese with fruit

For early birds

Are you a morning workout person? You wouldn't go off on a long car trip without filling up, so don't work out with your tank on empty. If you're short on time or have no appetite and all you manage is a piece of fruit, remember that what you eat afterward is even more important! Your breakfast will have to do double duty. It has to provide energy to start your day *and* help your body recover from your workout. Along with your smoothie, have a cheese or peanut butter sandwich and a piece of fresh fruit.



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