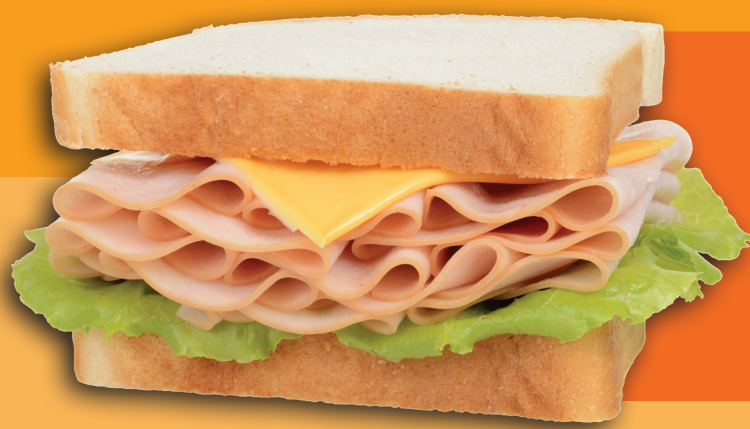




POST-WORKOUT

NUTRITION

RECOVER WITH AT LEAST 20 GRAMS OF PROTEIN WITHIN 30 MINUTES OF THE END OF EXERCISE TO REPAIR AND REBUILD YOUR MUSCLES. SOME GOOD EXAMPLES OF THIS INCLUDE:



TURKEY + CHEESE SANDWICH

PROTEIN SHAKE OR SMOOTHIE



CHOCOLATE MILK

APPLES + PEANUT BUTTER



GRANOLA BAR + GLASS OF MILK

ALSO, REMEMBER TO REHYDRATE BY DRINKING 20 OZ OF FLUID WITH 1,000 MG OF SODIUM FOR EVERY POUND OF WEIGHT LOST DURING EXERCISE TO PREVENT CRAMPING.

SPORTS DRINK



PEDIALYTE®



WATER + NUTS

