

Nutrition Tips for Post-Workout Recovery

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Timing is everything! After an intense workout it is critical to replenish nutrients lost during exercise. During physical activity as the body sweats water and electrolytes such as sodium and potassium are depleted, and protein is broken down to be utilized as a fuel source to working muscles. For this reason, it is critical that these nutrients are replaced as soon as possible after your workout. While many recovery drinks are available there is still a great deal of confusion regarding what to look for in a recovery drink. The following suggestions will assist the Athlete in creating an appropriate post-workout nutrition regimen to optimize recovery from the intensity of training.

Consume a post workout recovery drink containing a mixture of carbohydrates and protein immediately after training or competition:

- Research indicates that a meal consumed immediately after exercise, or within 30 minutes post workout, containing a mixture of protein and carbohydrate (2:1 or 4:1 ratio), significantly helps increase muscle glycogen stores and reduces muscle damage. Ingesting a liquid form of high glycemic carbohydrate (maltodextrin) and a protein with a complete amino acid profile helps speed the absorption rate of these nutrients faster than their solid counterparts and are typically more appealing to consume after training than eating a full meal.

Consume beverages containing electrolytes:

- Electrolytes are necessary for the proper functioning of skeletal muscles, preventing muscle cramping and restoring cellular balance. Drinking a beverage containing electrolytes immediately after exercise may accelerate rehydration by speeding intestinal reabsorption of fluids and improving fluid retention. Some important electrolytes to look for are sodium, potassium, calcium, and magnesium. Remember staying hydrate before, during, and after your training session gives you the best advantage of achieving your goals and pushing off the after workout soreness.

Eat a regular meal within 1-2 hours after training

- In addition to consuming a post-workout recovery drink immediately after training it is also important to consume a regular meal within 60-120 minutes of your training session.



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