

Post-Workout Fueling

- **GOAL:** Replenish energy stores, rebuild muscle, and replace fluids and electrolytes
- Recover as soon as possible (within 30-60 minutes) following exercise with carbohydrates, protein, and fluids



RECOVERY SNACK EXAMPLES:

- Turkey sandwich + water or sports drink
- Greek yogurt + fruit + water or sports drink
- Low-fat chocolate milk
- Banana with peanut butter + low-fat milk
- Crackers with string cheese + water or sports drink
- Protein recovery shake

3 R'S OF RECOVERY: REFUEL, REBUILD, REHYDRATE



REFUEL WITH CARBOHYDRATES

- Carbohydrates replace the energy stores used during exercise
- 40-80 grams of carbohydrates



REBUILD WITH PROTEIN

- Protein provides amino acids necessary to rebuild and repair muscle tissue broken down during exercise
- 20-30 grams of protein



REHYDRATE WITH FLUIDS AND ELECTROLYTES

- Fluids and electrolytes replace what is lost through sweat
- For every 1 pound of weight lost during exercise, replace with 16-24 oz of fluid

