

# CARB FUEL & PROTEIN POWER:

## An Easy Recipe for Fast Recovery

### High Energy and Strong Muscles!

After you just spent a whole lot of energy, stores must be replenished and muscles repaired. Eat a **healthy snack immediately after exercise** in order to do so!

### A perfect RECOVERY Snack

Match **1 item from column A + 1 item from column B** to create an after-exercise snack!

#### CARBS restore energy levels



# A

#### PROTEINS repair muscles



# B

Scientific research shows that a **SMALL CHOCOLATE MILK** is an **OPTIMAL CHOICE** of snack after exercising.

It contains all the **CARBS** and **PROTEINS** necessary to replenish energy stores and to rebuild strong muscles.

In addition, it also helps to re-hydrate your body.

## The special case of **CHOCOLATE MILK**



## Drinking More Water!

Not only is drinking important before and during exercise, it is also important **AFTER!** Drink a minimum of one water bottle after you stopped exercising to restore hydration status.



## Timing Matters

**Have your snack not more than 30 min after exercise.**  
After that time:

- 1. Chemicals in your body responsible for repairing muscles stop working**
- 2. You may get very hungry and eat too much**

