



Post-workout Nutrition

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 drink liquids to replace part of the lost body fluids and promote recovery. All liquids count: water, milk, juice or diluted juice, drinkable yogurt, sports drinks, etc.

Chocolate milk is an excellent recovery drink following a sustained high-intensity physical activity lasting 60 minutes or more. 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.

Sporty delight!

One serving

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

Place all ingredients in the blender, mix 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 curb hunger between meals.

Eating for recovery

To re-energize yourself after a high-intensity workout, it is extremely important to top up your energy reserves, especially if you have another one planned later on in the day. What do your muscles need in the 30 minutes after exercising besides water?

CARBOHYDRATES WITH PROTEINS!

Carbohydrates help replenish energy reserves, while protein repairs the muscles damaged by exercise. That's why it's important to replenish by eating a snack containing 15 to 25 g of protein and 50 to 70 g of carbohydrates within 30 minutes of completing a high-intensity workout.

Following a less intense physical activity, you can simply opt for something out of your lunch box (e.g., a piece of fruit, a yogurt, a cereal bar, etc.) to curb your hunger until your next meal.

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 high-intensity workout is when the body recovers best, so jump on it!
- Grab a light snack that contains protein and carbohydrates, and you're good to go! In case you get hungry before your next meal, keep another snack handy for 1-2 hours later.

snacks

10 great recovery snacks

Chocolate milk	Greek 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. Need some ideas? Try a glass of milk or yogurt, a cheese or peanut butter sandwich and a piece of fresh fruit.

