

# REFUEL THE CHOCOLATE MILK

## The Workout's Finished. The Body Isn't.

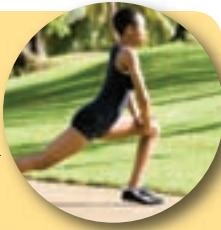
### Part A. The After-Workout Workout

Regardless of which sport or physical activity you're involved in, you probably have your prep routine down pat—including special warm-up exercises and favorite carbs to load up on. But what happens after practice or when the game's over? Experts will tell you that what you do in the two hours after a tough workout is every bit as important as what you do to prep. In fact, that 2-hour recovery period is critical, because that's when you need the right fuel to rebuild your muscles and refuel your body, and the right post-workout plan to help your body recover.

#### Cool-Down Exercises

Cool down your body to help recover for the next day. Cooling down should include:

- 5-10 minutes of light aerobic exercise such as jogging or walking to lower your heart rate and body temperature and to remove waste products such as lactic acid from your muscles, followed by
- 5-10 minutes of stretching exercises to help your muscles relax and re-establish their normal range of movement. Stretches should be held for approximately 10 seconds. Stretching exercises include the bicep wall stretch, lying stretch, toe grab, and lying neck pull. But whichever stretching exercises you do, the important thing is to do them correctly. (Ask your coach for a quick review to make sure you're using the correct techniques.)



#### Post-Workout Nutrition

Staying hydrated—before, during, and after physical exercise—is always important, so be sure to drink plenty of water. But you need more than water to recover *after* strenuous exercise. Athletes need:

- **Carbs** to refuel your muscles.
- **Protein** to help reduce muscle damage and help rebuild your muscles.
- **Fluids and electrolytes** to replenish what's lost when you sweat and to rehydrate your body.



A post-workout best bet: **Lowfat Chocolate Milk**

Some studies suggest that **lowfat chocolate milk may be as effective as other sports drinks**. Chocolate milk has the right mix of carbs and protein to help you refuel, high-quality protein to help build muscle, and fluids and electrolytes, including calcium, potassium, and magnesium, to help replenish and rehydrate.

### Part B. Make It Routine

Now, let's put it all together. Do you have a regular post-workout routine that you follow during that 2-hour recovery window? It should include:

- Cool-down exercises and stretches, performed in a specific order and for a specific length of time;
- Fluids and nutritious snacks to help your body refuel and recover.

If you already have a routine, great! If you don't have a regular plan—it's time to get started! Either way, use this chart to record what you're currently doing after a game or workout. Then talk with your coach or trainer to see if he or she can help you improve your plan. Note their suggestions in the space provided. Then write up your new and improved post-workout recovery plan, and stick with it for the next 2-3 weeks.

When you're thinking about new snacks, make sure you get the right mix of carbs, protein, and fluids to help aid recovery. Consider fruits and vegetables, whole grains, and protein—like peanut butter and banana sandwiches on whole wheat bread, or turkey and cheese on multi-grain rolls. And don't forget the lowfat chocolate milk!

Visit [bodybymilk.com](http://bodybymilk.com) to learn more about the recovery benefits of lowfat chocolate milk.

#### My Recovery Routine Now

For cool down:

For nutrition (fluids and snacks):

#### Coach/Trainer Comments

For cool down:

For nutrition (fluids and snacks):

#### My New Recovery Routine

For cool down:

For nutrition (fluids and snacks):

# Refuel with Chocolate Milk

# REFUEL WITH CHOCOLATE MILK

What you do during that 2-hour recovery window after a hard workout is critical to how well your body is able to recover. And that includes replenishing your body and rebuilding and repairing the muscles that worked so hard to help you perform at your peak.



## Part A. The Facts: Chocolate Milk & Recovery

Check out what the latest research says:

➔ Milk has high-quality protein and essential amino acids that may be beneficial in **building and maintaining muscle mass** when combined with exercise. Several recent studies suggest lowfat milk after exercise can help **increase** lean muscle.

➔ Exercise-induced muscle damage can lead to future impairments in performance. A study in the United Kingdom found that research subjects who drank regular or flavored milk after a strenuous muscle workout experienced **less exercise-induced muscle damage** than those who drank water or typical sports drinks.

➔ Chocolate milk is effective in helping athletes **refuel muscles** after a hard workout. A study at Indiana University found that cyclists who drank lowfat chocolate milk were able to work out longer and with more power during a second workout than when they drank a commercially available carbohydrate replacement sports drink and just as long as when they consumed a traditional fluid replacement drink.

➔ Drinking lowfat chocolate milk after you exercise can help replace the **fluids and electrolytes**—nutrients like calcium, potassium, and magnesium—that you lose when you sweat. And you can bet you'll be getting plenty of fluid, because milk is 90% water!

## Part B. Chocolate Milk: It's the Real Deal

You see them on every food or drink you buy, but do you know how to read a nutrition facts panel? Not all sports drinks have the same vitamins and minerals as lowfat chocolate milk. Check it out and draw your own conclusions!

### Lowfat Chocolate Milk

Nutrition Facts	
Serving Size 1 cup (8 oz)	
Amount Per Serving	
Calories 160	Calories from Fat 20
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 1.5g	8%
Trans Fat 0g	0%
Cholesterol 15mg	4%
Sodium 150mg	6%
Potassium 370mg	11%
Total Carbohydrates 26g	8%
Dietary Fiber 1g	4%
Sugars 25g	
Protein 8g	
Vitamin A	10%
Vitamin C	0%
Calcium	30%
Iron	0%
Vitamin D	25%
Riboflavin	20%
Niacin**	10%
Vitamin B-12	13%
Phosphorus	20%
Magnesium	7%

Important Electrolytes

Nutrients to Refuel

Important Electrolytes

### Sports Drink

Nutrition Facts	
Serving Size 1 bottle (20 oz)	
Amount Per Serving	
Calories 160	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 240mg	10%
Potassium 90mg	2%
Total Carbohydrates 39g	12%
Dietary Fiber 0g	0%
Sugars 32g	
Protein 0g	
Vitamin A	0%
Vitamin C	4%
Calcium	0%
Iron	2%
Vitamin D	0%
Riboflavin	0%
Niacin**	6%
Vitamin B-12	0%
Phosphorus	6%
Magnesium	0%

\*Percent Daily Values are based on a 2,000 calories diet. Your Daily Values may be higher or lower depending on your caloric needs.  
\*\*Provided through Niacin equivalents.

These nutrition facts labels are for educational purposes and not actual labels. Data from USDA National Nutrient Database for Standard Reference, Release 22.

## Lowfat Chocolate Milk: A Nutrient Powerhouse

Take a look at how the unique package of nutrients in milk can benefit you:

- The right mix of **carbohydrates and protein** to help build and refuel muscles (restore muscle glycogen).
- **Electrolytes**, including **calcium, potassium, and magnesium**, to replenish what is lost in sweat.
- **Fluids** to help rehydrate the body.
- **Calcium and vitamin D** to strengthen bones and help reduce the risk of stress fractures.
- **B vitamins** to help convert food to energy.
- Packed with **nutrients** not typically found in traditional sports drinks.

**Final score?** Chocolate milk has the right mix of carbs and protein and other important nutrients to help you refuel and recover. Ask your coach to stock up after every event, grab some from the cafeteria, or make a quick stop for chocolate milk on your way home from school. Better yet, have some at home in the fridge ready to gulp down!

Visit [bodybymilk.com](http://bodybymilk.com) to learn more about the recovery benefits of lowfat chocolate milk.

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## Perform Your Best

Staying in top shape and maintaining your overall health and fitness is a 24-7 job!

Of course, training and practice are key to being fit. But your body also needs proper nutrition, hydration, and rest. And that includes making sure you eat the *right kinds* of foods and the *right amounts* of food.



## Part A. Healthy Eating Tips for Athletes

- **Eat a variety of foods.** Different foods contain different types of nutrients, so you need to eat a variety of foods to get everything you need to stay in top condition.
- **Don't skip meals.** Eating regular meals provides a steady and balanced source of the nutrition you need to ensure you'll be at your best.
- **Eat healthy snacks.** Because you're an active teen, you may need small, healthy between-meal snacks to maintain your energy level.
- **Drink plenty of fluids.** Don't wait until you are thirsty to start drinking water and other fluids. And be sure to drink even more fluids when it's hot and humid.
- **Eat for energy before exercise.** Eat a light meal that's high in carbs two to three hours before exercise. Foods that are high in carbs—like pasta, rice, and fresh fruit—will provide fuel for your muscles. Avoid sugars and sweets such as sodas and candy before your workout.
- **Eat to refuel and recover after strenuous exercise.** Grab a drink and/or a snack that includes carbs, protein, and fluids—such as lowfat chocolate milk—within the first 2 hours after a tough workout or game.

## Part B. Smart Food Choices

Smart food choices can be as simple as a few food swaps. Follow these guidelines to make healthy food choices—after a workout and throughout the day!

### Choose This...



Lowfat chocolate milk



Whole grain bread



Lowfat yogurt and fruit



Lean meat and lowfat cheese



Fresh vegetables (carrots, broccoli, celery, etc.)



### Instead of This...

Sodas and sports drinks

White bread

Toaster pastry or donut

High fat meats

Candy and chips

### And You Will Get...

A beverage that's packed with 9 essential nutrients, including protein and B vitamins to help convert food to energy

A healthy carb and fiber boost

A healthy combination of carbs, protein, and essential nutrients

A lean source of protein to help build muscle

A healthy snack packed with fiber, vitamins, and minerals



### Why Milk?

Drinking lowfat or fat-free milk for a change can help you make a difference in your fitness and your body. It's a natural source of high-quality protein, which, when combined with exercise, can help **build** lean muscle. It also has the right mix of carbohydrates and protein to **refuel** and fluids and electrolytes to help **replenish** after exercise.

So eat right, get active, and drink three glasses of milk a day to be at the top of your game!

Visit  
[bodybymilk.com](http://bodybymilk.com)  
to learn more about the  
recovery benefits of lowfat  
chocolate milk.