

TRAINING TIP OF THE WEEK

MILK: It does the body builder good!

Believe it or not, milk has a great combination of the right nutrients that helps an athlete recover after a heavy competition or work-out. Milk has the recommended 3:2 ratio of carbohydrate to protein needed to both replenish energy stores and build muscle. Studies show that drinking about 2 cups of skim milk for the average sized person within 1 hour of weightlifting will help build about 60% more muscle than if water or a commercial sports drink is consumed. For the more endurance athlete, research shows that consuming the same amount of milk after vigorous exercise improves recovery and allows the athlete to exert more energy for a longer period of time before exhaustion.



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