

TRAINING TIP OF THE WEEK

REFUELING AFTER WORKOUTS, WHO NEEDS TO AND HOW TO DO IT?

Many athletes and avid exercisers think the most important meal to improve performance is the pregame meal. However, what is eaten after a workout or game is just as important. By refueling after exercise, you replace the stores needed to rebuild and replenish the muscle fatigued from your workout. If you don't replace the energy that was used, the muscle becomes weak, you get dehydrated, and the incidence of muscle damage increases. Who needs to refuel? Refueling is necessary for those engaging in 60 minutes or more total of high intensity exercise and should be done within 30 minutes of workout completion. There are two components to proper-refueling: replacing fluids lost and glycogen used by muscles. This can be accomplished by eating carbohydrate-rich foods such as starches, fruits and milk products. Aim for 50-100 grams of carbohydrate. The most efficient way to refuel is by drinking fluids that contain carbohydrates, such as a fruit juice or sports drink. This way you replace the fluid and carbohydrate at the same time. Be sure to steer clear of drinks with alcohol, caffeine or carbonation. If you are someone who needs something with a little substance post-workout, energy bars, peanut butter or cheese crackers, dry cereal, trail mix, dried fruit, granola bars, graham crackers, yogurt, milk and pudding are good choices. Proper refueling after workouts and games ensures peak performance, quick recovery, and gets you the most benefit from your workouts.



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