



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!

Learn more at
refuelwithchocolatemilk.com

[f /chocolatemilkrefuel](https://www.facebook.com/chocolatemilkrefuel)

[@chocmilkrefuel](https://twitter.com/chocmilkrefuel)

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):

