

## Summer Safety: Week 7 – Post-Exercise Recovery

So you braved the sun and the heat and you got a great workout in – good for you! Now it's time to help your body recover by rehydrating and eating the right foods! Eating the right foods after a workout helps to repair muscle tissues and replenish glycogen stores which get depleted after strenuous workouts. The goal is ample protein combined with carbohydrate. Read on for some great post-workout suggestions!

### Protein Shake with Banana

*Your body will quickly turn this into energy – great for recovery!*

Recommended serving size:

2 scoops whey protein powder combined with water/milk and ½ banana

### Hummus & Pita

*Hummus gives both carbs & protein with slow-release energy from the pita. This snack will keep you fueled for hours!*

Recommended serving size:

¼ cup hummus with 1 whole wheat pita

### Turkey & Cheese with Apple Slices

*Like a sandwich, hold the bread! Spread a soft cheese wedge over lean deli turkey and roll up for a great on-the-go snack. The apple adds glycogen-replenishing carbs!*

Recommended serving size:

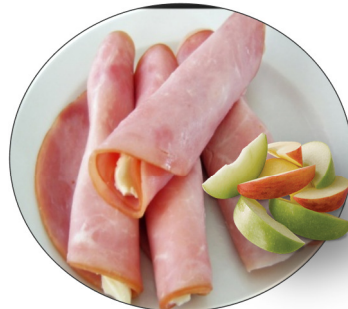
4 oz. lean deli turkey, 1 soft cheese wedge and 1 apple

### Peanut Butter & Banana on Rice Cakes

*Bananas are one of the fruits that are higher in sugar but they make for a great post-workout snack. Adding brown rice cakes adds fibre and substance.*

Recommended serving size:

½ banana, 1 T peanut butter, 2 brown rice cakes



### **Don't forget about HYDRATION!**

In addition to refreshing water, these are also great options for rehydrating after a good workout:

- Cucumbers – at 95% water content, a cup of cucumber slices is almost as refreshing as a glass of water!
- Salad Greens – 2 cups = 90% water content and fewer than 15 calories!
- Strawberries – 91% water, vitamin C, folate and vitamin B plus the added bonus of being DELICIOUS!
- Watermelon – what is a summer without watermelon? True to its name with 92% water content!
- Papaya – delicious and exotic, this treat has 88% water content!
- Chocolate Milk – YUM! A perfect combination of carbohydrate to protein [3:1]. Great for post workout recovery....

Sources: [www.fitnessmagazine.com](http://www.fitnessmagazine.com), [www.eatingwell.com](http://www.eatingwell.com)