

WATER

from DAN'S
HAND



DAN YOUNG IS THE FOUNDER & PRESIDENT OF SIMPLE AGAIN. HE HAS COMPETED IN BODY BUILDING AS WELL AS ENDURANCE ATHLETIC EVENTS & IS CERTIFIED IN PERSONAL TRAINING & SPORTS NUTRITION.

Drinking water at the correct time maximizes its effectiveness on the human body:

- 2 glasses of water after waking up helps activate internal organs.
- 1 glass of water 30 minutes before a meal aids digestion.
- 1 glass of water before taking a bath can help lower blood pressure.
- 1 glass of water before going to bed can help prevent stroke or heart attack.

Myth

Drinking ONLY water post workout will result in recovery. False! Here's the facts — drinking only water post-workout will throw your body into a catabolic state, robbing the body of essential muscle recovery.

Solution

Drinking — NOT eating — a post-workout meal (aka Recovery Shake) with a 3-to-1 carbs-to-protein ratio within 30 minutes of your last rep, lap, or cardio session WILL speed up recovery time and keep your metabolism humming.



Illustration by Seth Larson

PROJECT: PFC MISSION STATEMENT

The caring partner displaying this information is a proud member of Project: PFC. Our mission is to provide the simplest, most delicious foods to everybody everywhere. We select natural, whole and minimally-processed foods, drinks and supplements free from all artificial junk, yet rich with nature's goodness. Using current research and educational materials, we're making the world of nutrition "Simple Again".
Eat Well. Live Well (and Long).