

The Anatomy of Recovery

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By Dan Young



harder and harder to achieve the same results because you will have less and less protein or muscle to maintain a healthy metabolism. Case in point: have you ever noticed someone who puts hours upon hours on the treadmill day after day, month after month and they never seem to look any different?

SOLUTIONS!

Science has discovered the solution: By drinking a high glycemic based drink immediately following a workout, all sugars are shunted directly to your muscle fibers, not to your hips or those pesky love handles. Remember, glycogen is stored in your muscles, not in fat. Once in your muscle cells, recovery can begin and you can begin to rebuild a stronger you. Even if you are just trying to burn fat, replacing the sugars that you just burned enables your body to keep your metabolism humming by keeping your muscles fed. This allows you to continue to burn fat. Don't just replace your sugars with empty calories. We have designed the perfect post workout Recovery Shake using only vine ripened nutrient dense fruits and the highest quality protein isolates replete with digestive enzymes. Pick your favorite shake, then add your personal Nutritional Boosts, or to totally maximize your performance goals try one of our Synergistic Nutes. They have been designed to maximize your very own performance goals.

RECOVERY

Whether your goals are fat loss, muscle gain or just maintaining, your body still needs to recover quickly following a workout. Recovery is the first step to achieving your goals.

Since the human body can only store between 200 to 500 grams of glycogen, it is entirely possible to burn all of those calories in a 60-90 minute session of intense exercise. Glycogen (stored sugars) must be present to burn fat; if not present, your body will convert protein into Glycogen. So it is important that you are continually replacing your stored energy throughout the day and especially

important right after your workout.

DID YOU KNOW?

If you don't replace the glycogen that you burned during your workout within 30-45 minutes of you last rep, your body's metabolism begins to quickly slow down, cannibalizing its own muscle tissue for energy... BAD. You end up with a smaller version of yourself, increasing the fat to lean muscle tissue ratio, and lowering your metabolic rate...VERY BAD. By not replacing the sugar immediately, your body will undergo a physiological change and begin to recognize protein as it's most important energy source. Over time, you will need to work out

Eat well and remember, you are what your food eats!

Dan Young is President and CEO of Performance Food Centers, Corp. He is certified in personal training, sports nutrition and is a triathlete. He has competed in Body Building as well as Endurance Sports Activities. Accomplished in juice bar concept and design, he applies this knowledge to whole-foods nutrition and the efficiency to serving them.