

# Post-Exercise Recovery Nutrition

This playbook outlines the essential foods and beverages that should be consumed after exercising. Its purpose is to guide individuals on how to replenish energy and support muscle repair following physical activity.

## Step 1: **Hydration**

Rehydrate by drinking water or sports drinks to restore fluid balance. If you've been sweating a lot, consider a drink that also replaces electrolytes.

## Step 2: **Protein Intake**

Consume protein-rich foods or shakes to repair and rebuild muscle tissue. Aim for a source of high-quality protein such as a whey protein shake, Greek yogurt, or a handful of almonds.

## Step 3: **Carbohydrate Replenishment**

Eat carbohydrates to replenish glycogen stores in your muscles. Opt for whole-grain options like brown rice, quinoa, or whole wheat bread, or fruits like bananas and apples.

## Step 4: **Timing**

Try to consume your post-workout meal or snack within 45 minutes after finishing your exercise. This timeframe is considered an optimal window for maximizing nutrient absorption.

# **General Notes**

## **Supplements**

While whole foods are preferable, supplements such as protein powders can be a practical and effective option, especially when whole food is not available immediately post-workout.

## **Portion Size**

Adjust your portion sizes based on the duration and intensity of the exercise. Longer or more intense sessions may require more substantial nutrition.

## **Hydration Caution**

Be aware of the signs of overhydration, such as nausea or a headache, which could indicate a condition called hyponatremia (low blood sodium).

## **Allergies & Intolerances**

Always factor in any food allergies or intolerances when selecting post-exercise meals or snacks.

## **Customization**

Remember that nutritional needs vary greatly between individuals. Personalize your recovery nutrition to fit your body's responses and fitness goals.