

## WHAT TO EAT AFTER EXERCISE

Your body needs healthy foods all day, not just immediately after exercise. Exercising muscles continue to recover for up to 24 hours, which means that all of your meals and snacks play an important role. Include foods containing carbohydrate and protein in your meals and snacks after exercise to promote muscle recovery and restore your energy. Milk and yogurt contain leucine, an amino acid that triggers muscle recovery, plus they're sources of carbohydrate, calcium, and vitamin D.

Instead of relying on expensive sports-specific bars and smoothies after exercise, plan your day so that you eat meals and snacks every three to five hours. The new Choose MyPlate meal planning guidelines at [www.choosemyplate.gov](http://www.choosemyplate.gov) give you an easy way to make sure you're fueling your body with good-tasting and easily available foods.

These four tips will help you feel great for tomorrow's exercise session:

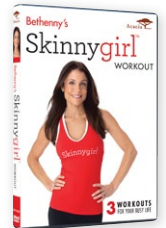
- Add eight ounces of fat-free milk or yogurt to your first postexercise meal or snack for extra muscle-building power.
- Choose whole grain cereals, pasta, bread, crackers, and rice for fiber and the naturally occurring nutrients found in these less-processed foods.
- Reach for lower-fat protein foods such as skinless chicken or turkey, grilled or broiled seafood, or low-fat cheese or cottage cheese to avoid consuming unnecessary calories from fat. Legumes such as garbanzo beans, lentils, and black beans are perfect choices because they're very low in fat, are packed with fiber, and contain both carbohydrate and protein.
- Choose different-colored fruits and vegetables to enjoy a wide variety of essential nutrients. Think green (cucumber, peas, or kiwi); red (tomatoes and cherries); orange (carrots or peaches); white (radishes and onions); yellow (summer squash or peppers); purple (cabbage or grapes); and blueberries! 🍷

— Lynn Grieger, RD, CDE, cPT

## GOOD MOVES (New DVDs)



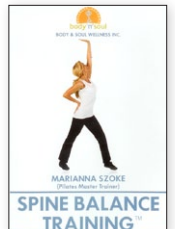
***The Booty Barre Plus Abs & Arms*** by Tracey Mallett  
[www.thebootybarre.com](http://www.thebootybarre.com)



***Bethenny's Skinnygirl Workout***  
by Bethenny Frankel  
[www.acacialifestyle.com](http://www.acacialifestyle.com)



***10 Minute Solution: Best Belly Blasters*** led by Amy Bento  
[www.amazon.com](http://www.amazon.com)



***Spine Balance Training***  
by Marianna Szoke  
[www.body-soul.hu/english](http://www.body-soul.hu/english)



***Quickfix Rx KneeHab***  
by Jill Miller  
[www.yogatuneup.com](http://www.yogatuneup.com)