



# GATORADE SPORTS SCIENCE INSTITUTE

## RECOVERY: ADAPT AND BE READY

**I DON'T WANT TO BOTHER WITH EATING AFTER A GAME, I'M TOO BUSY SEEING MY FRIENDS AND FAMILY IN THE STANDS. WHY CAN'T I JUST WAIT UNTIL I GET TO A MEAL? I'LL EAT EVENTUALLY.**

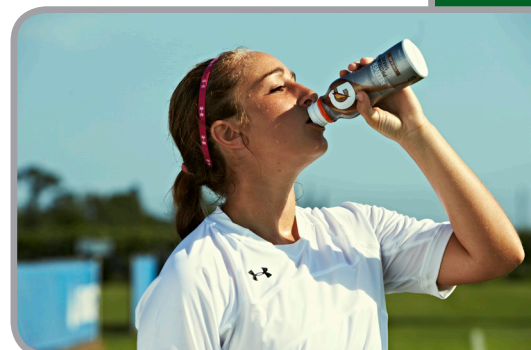
The meal you'll eat with your family or friends is important to your recovery. But so are the nutrients you take in after the game, which act as a bridge to that meal. While your body is still warmed up from the game, your muscles are more effective at using the nutrients than if you wait. Since you have practice again tomorrow, eating a snack right after the game will help your muscles be ready. So grab a shake or a bar with some water while you're getting dressed, then go have fun with your fans.

**OK, I'M IN. WHAT DO I NEED TO EAT FOR RECOVERY?**

**Rehydrate** – drink water or sports drink

**Replenish** – eat carbohydrate

**Rebuild** – eat protein



### PRACTICE GOOD RECOVERY



You just finished a hard afternoon practice.



While you're changing after practice, eat that recovery bar you remembered to put in your bag with some water.



Dinner time. Eat carbs and protein, try fruit for dessert.



Sleep is an important part of recovery. Have a snack before you go to bed to feed your muscles, try a cup of hot chocolate made with milk.



Don't forget to eat breakfast the next morning!

**DID YOU KNOW?** Peanut butter is a great source of healthy fat in your diet. But it is not the best choice as a protein source for recovery.

Shakes or smoothies make it easy on you by packing the carbohydrates and protein you need into a form that is easy on your stomach. Try the Gatorade Protein Recover Shake with some water while you're getting changed or listening to your coach... then go enjoy your next meal.

#### WHY EAT FOR RECOVERY?

- Help your body adapt to hard training
- Get ready for your next practice, training session or competition

*The information in this document is grounded in sports nutrition science, translated for athletes.*