

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 home 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.

WHAT DO I NEED TO EAT FOR RECOVERY?

REHYDRATE Drink water or sports drink

REPLENISH Eat carbohydrates

REBUILD Eat protein

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 Recover Protein Shake with some water while you're getting changed or listening to your coach ... then go enjoy your next meal.

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.

WHY EAT FOR RECOVERY?

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

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.



Dinnertime. Eat carbs and protein, try fruit or 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!