

Sent: Wednesday, June 01, 2011 4:02 AM
Subject: Tip of the Day (CHOCOLATE MILK: THE NEW SPORTS DRINK) -
06/01/11

Welcome to the Good Life Fitness Center Tip of the Day!

*** Today's Tip: CHOCOLATE MILK: THE NEW SPORTS DRINK

Serious and recreational athletes alike are returning to a childhood favorite-chocolate milk-in place of more common sports drinks. When pitted against commercial sports recovery drinks, several new studies have found that chocolate milk is the superior beverage when it comes to post-exercise recovery and fluid replacement. Chocolate milk is 90 percent water, so it's ideal for rehydration. It also has the perfect combination of carbohydrates and protein to refuel a tired athlete's body, and it's packed with many other nutrients including calcium and vitamins A and D.

Source: Applied Physiology, Nutrition, and Metabolism

*** Click here:

www.hfit.com/hfce/allstate

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Text Copy: Today's Tip: CHOCOLATE MILK: THE NEW SPORTS DRINK

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