

AES

Athlete Education Series

vol 9.14



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16 servings!



great for young athletes



PURCHASE

Real Athletes, Real Results!

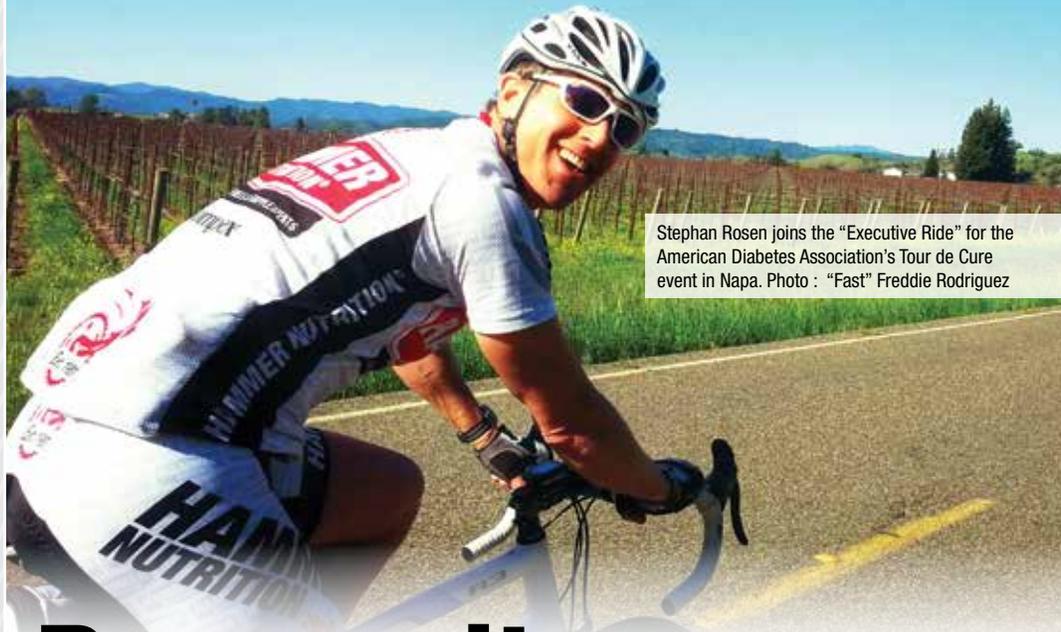
"I recently started using Recoverite after every workout. I am able to bounce back the next day with very minimal soreness and can recover very quickly." - Ryan S.

"Had a solid training day in glorious 85°F+ San Diego weather! Thanks to Recoverite, I'll be ready to do it all over again tomorrow!" - David S.

"Recoverite is my go-to for everything. I call it my liquid vitamin!" - Nicolette N.



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Stephan Rosen joins the "Executive Ride" for the American Diabetes Association's Tour de Cure event in Napa. Photo: "Fast" Freddie Rodriguez

Recoverite

The key to ultimate recovery!

With summer officially here, you're running, cycling, swimming, paddling—or whatever your chosen activity may be—harder than you have in months. If you're racing, your training volume probably is peaking as you prepare for key races just ahead.

Whether you're a weekend warrior or elite athlete, post-workout recovery is absolutely essential for reaching your fitness goals. Proper recovery ensures:

- Maximum benefits from workouts
- Less muscle soreness
- Better overall health

Many athletes willingly invest hundreds of hours of time and thousands of dollars in equipment to achieve their athletic goals, yet they neglect this all-important aspect of training. Recovering fully by consuming the proper nutrition between workouts is as important to your athletic performance as any training plan or piece of equipment. **PERIOD!**

When your body doesn't receive the nutritional support it needs after a workout, you miss the brief "window of opportunity" for storing greater amounts of muscle glycogen—your body's onboard, ready-to-use fuel. Your body also takes longer to recuperate. Muscle tissue doesn't heal and rebuild as quickly, so you feel sorer for longer periods. And because your immune system is suppressed, you're at greater risk for getting sick.

If you recover properly after every workout, your body will more efficiently and effectively make use of your hard training, resulting in increased fitness and better overall health. Remember: how well you recover today will make a big difference in how well you perform tomorrow.

Recovery "dos" and "don'ts"

1) DO replenish your body with complex carbohydrates ASAP.

When you've completed your workout, your body's store of muscle glycogen is on "empty." It needs to be replenished rapidly. Why is this important? Because muscle glycogen is your body's primary fuel for the first 60-90 minutes of a race or workout. Studies show that the level of muscle glycogen present before exercise is the most important energy determinant for exercise performance. So athletes who have more of this readily available fuel in their bodies should have a definite advantage.

The good news is that you can substantially increase your glycogen storage capacity through training, and then replenishing it ASAP after your workout . . . the sooner the better! Research has shown that glycogen synthesis and storage were highest when subjects were given carbohydrates immediately after exercise, ideally within the first 60 minutes.

- continued on next page

Recover right today, feel great tomorrow!

- Recoverite continues here

2) **DON'T** consume junk foods or fuels! Some so-called “experts” suggest that you can eat nearly anything after your workout and enjoy maximum recovery—one cycling coach even suggests that soft drinks are acceptable. Seriously? You’ve just thrashed your body in training and now you’re going to consume junk, believing that optimal recovery is a given? Once again, the oft-used adage “garbage in, garbage out” applies. If you consume garbage food after your workout, you can expect your recovery to be a waste as well.

Always remember: what you put into your body determines what you’ll get out of it. For the best possible recovery (and subsequent performance), feed your body high-quality fuel that contains ample amounts of complex carbohydrates and sufficient protein.

3) **DO** consume whey protein together with complex carbohydrates. Carbohydrates can’t do the job alone, you need protein too. Whey protein isolate (a better choice than whey concentrate) provides the following benefits:

- **Better muscle repair** – Whey protein is the premier protein source of the BCAAs (branched chain amino acids) used to repair muscle tissue.
- **Enhanced glycogen storage** – Research has shown that consuming carbohydrates together with protein (versus carbohydrates alone) maximizes post-exercise muscle glycogen synthesis.
- **Immune system support** – Whey protein is loaded with immune system-boosting lactoferrin and immunoglobulins. It also contains high levels of amino acids that spur the production of glutathione, arguably the most powerful antioxidant.

4. **DON'T** consume fiber and fat with your recovery fuel. Fiber and healthy fats (such as fish oil) are good for overall health, but don’t consume them with your recovery food or fuel. Taking them shortly after your workout will slow the digestive process significantly. After a workout, it’s important to absorb carbohydrates and protein right away. Save the high-fiber foods and healthy fats for another meal.

Summary

After exercise, give your body what it needs immediately, when it’s most receptive to replenishment. Your body will respond by recovering faster, adapting more efficiently to physical stress, and storing more readily-available muscle glycogen as fuel. Within 60 minutes of finishing your workout (the sooner the better), replenish your body with high-quality fuel.

Recoverite provides exactly what your body needs and craves after a workout: an ideal 3:1 ratio of complex carbohydrates, whey protein isolate, and other nutrients beneficial for recovery. Use Recoverite consistently to get maximum value from every minute you put into your training and from the equipment that you use. Available in three delicious flavors, Recoverite has a mild, pleasant taste you’ll enjoy. Simply mix a couple of scoops with water, and drink. With that single step, you’ve put the finishing touch on today’s workout, and have given your body an ideal start on tomorrow. *HN*



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VIP PROGRAM!**
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and join today!**
FREE clothing! FREE shipping!
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SAVINGS on EVERYTHING!

Hammer VIP Keith Johnson and his grandson Tanner Radunski (age 6) hammer the St. Peter's 5K in Savannah, GA. This was Tanner's first 5K and he finished 3rd in his AG. Hammer on!



RECOVERITE'S supporting team

Besides beneficial complex carbohydrates and whey protein isolate, Recoverite provides these powerful nutrients to help maximize recovery:

Glutamine (3,000 mg per 2-scoop serving). Glutamine, the most abundant amino acid in your muscles, is severely depleted through intense exercise. Yet it's essential for optimal athletic performance and health. Glutamine plays a significant role in glycogen synthesis, and along with the branched chain amino acids in whey protein isolate, it helps repair and rebuild muscle tissue. It's also been shown to help raise levels of glutathione, a powerful antioxidant necessary for immune system health. Glutamine also contributes to the release of growth hormone and is important for intestinal health. Recoverite is formulated to include a generous 3,000 mg of the important nutrient.

ChromeMate® brand chromium polynicotinate. This trace mineral helps regulate carbohydrate metabolism, which has profound effects on recovery and athletic performance. Research suggests that athletes who consume chromium polynicotinate with ample carbohydrates within two hours after exercise will experience a 300% increase in the rate of glycogen synthesis compared to athletes with no chromium supplementation.

L-carnosine. This nutrient is one of the most versatile and beneficial nutrients you can take as an athlete. During exercise it's a superb lactic acid buffer. After a workout, it provides powerful antioxidant properties and helps prevent glycation. Glycation has been cited as an underlying cause of age-related problems including neurologic (brain), vascular (circulatory), and ocular (eye) disorders.

Full-spectrum electrolyte profile. Recoverite also helps replenish critically needed minerals, which have been depleted during exercise.

Recoverite: Guaranteed to maximize your recovery and enhance performance!

Recoverite provides your body with exactly what it craves after a workout or race: an ideal 3:1 ratio of complex carbohydrates and whey protein isolate, plus other key nutrients for beneficial recovery. Use Recoverite consistently to get maximum value from every minute you put into your workout. You'll experience less soreness and better performance tomorrow. Available in four delicious flavors, Recoverite has a mild, pleasant taste that you'll enjoy. Simply mix a couple of scoops with water and drink. You've just put the best possible finishing touch on today's workout, and have given your body the perfect head start on tomorrow's workout or race.



**FREE
Consultation!**

Contact a Client
Service Advisor today.
1.800.336.1977

For more in-depth information on this subject and many others, check out *The Endurance Athlete's GUIDE to SUCCESS* and *The Hammer Nutrition Fuels & Supplements—Everything You Need To Know*, both available in hard copy or as a free pdf download from our website, www.hammernutrition.com.



Order Today!

Single Serving - \$3.50

NEW 16 Servings - \$32.95

32 Servings - \$56.95

Flavors: Chocolate, Orange-Vanilla*, Strawberry, Vanilla

*Flavor Name Change: Please note we've changed the name of our Citrus Recoverite to Orange-Vanilla to more accurately describe the flavor. Its flavor and formula remain the same.

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