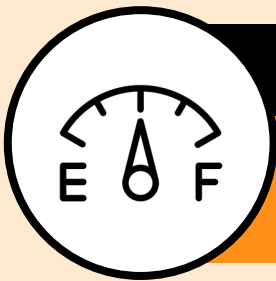
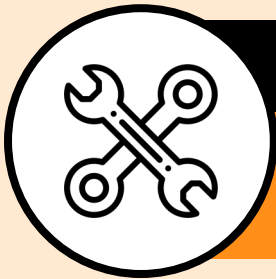


4 goals of RECOVERY NUTRITION



REFUEL

Carbohydrate is a primary fuel used during intense exercise and depleted glycogen stores need to be replaced after the session



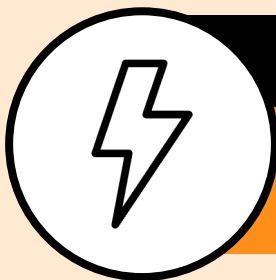
REPAIR

Protein for muscle repair, growth and adaptation



REHYDRATE

Replacing fluids and electrolytes lost in sweat



REVITALISE

Support your immune system by including a variety of fruits and vegetables in recovery meals so you consume a wide range of vitamins, minerals and antioxidants.