

South Eastern Aquatics



After any and all of our difficult training sessions, where we really tear you down and push you past the point of exhaustion, I would like you to drink 12-16 oz. of Chocolate Milk.

When we break down your muscles, it's important to replenish the body and muscles with some protein and glycogen ... which Chocolate milk provides. Remember also that you get stronger from recovering, not from training – so let's give you the best opportunity for positive recovery sessions!

Visit the links below and read all about it.

SEA You in the pool!

Chocolate Milk Recovery

<http://www.medscape.com/viewarticle/524370>

http://www.winforum.org/HeraldTimes_StagerResearch.htm

<http://www.cbsnews.com/stories/2006/02/24/health/webmd/main1342839.shtml>

<http://www.webarticles.com/Health/Fitness/Chocolate-Milk-better-than-Gatorade-for-Post-Exercise-Recovery%3F>

<http://www.sportingnews.com/yourturn/viewtopic.php?t=253967>