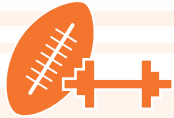


PROTEIN FOR RECOVERY



PROTEIN STRUCTURES

Protein structures in the body are constantly **turning over, breaking down and rebuilding** with new amino acids from the diet.



EXERCISE

Exercise **accelerates this process** and promotes the creation of new muscle proteins, a process that is most effective when the athlete eats protein to deliver new amino acids.



RECOVERY

Consuming protein to start the recovery process **as soon as possible** after practice and competition helps to **rebuild muscle tissue** as well as promote training adaptations.



TYPES OF PROTEIN

Consume **high-quality, complete protein sources** that are **rapidly absorbed and rich in leucine**.

WHEY AND MILK PROTEIN ARE GREAT CHOICES



WHEY AND MILK PROTEIN

- meet all the criteria
- have been shown to be effective for recovery



LEUCINE

- one of the amino acid building blocks for new muscle
- acts as a signal for the muscle to start the process of assembling new muscle proteins



signifies when protein should be consumed



EXAMPLE PROTEIN CONSUMPTION CYCLE

To get the most out of their workout, athletes should consume protein **regularly throughout the day**.

RECOMMENDED AMOUNT

MORE ISN'T BETTER.

Research shows that

~20 g of protein

is the right amount to stimulate post-exercise muscle protein synthesis for most athletes.

If you want to get specific for your athlete, calculate **0.25 g/kg**.

Check out www.GSSIweb.org for more information on this topic and additional resources.