

HIS ATHLETES GO FAR. THEY REFUEL WITH CHOCOLATE MILK.

CAL DIETZ
STRENGTH AND CONDITIONING COACH
University of Minnesota



14 GOLD Medalists
7 NCAA Championships
28 BIG 10 TITLES

Cal Dietz knows how to take athletes all the way. And after strenuous workouts, he tells them to Refuel with Chocolate Milk. Lowfat chocolate milk has the right mix of protein and carbs to refuel exhausted muscles. Plus it naturally offers high-quality protein and key electrolytes like calcium, potassium, sodium and magnesium. Most sports drinks have to add those in the lab. But chocolate milk has always had what it takes. To learn more about the science behind Nature's Recovery Drink, visit us at RefuelWithChocolateMilk.com.

got milk?[®]

Avoiding Injury – Cal Dietz

With Cal Dietz, head strength & conditioning coach, University of Minnesota.

Helping your body recover after exercise can mean the difference between staying fit and being sidelined from injury. Here, Cal breaks down the basics of post-workout recovery to help keep you competition-ready.

Cool Down

For many athletes, once the workout's done, it's time to, stop and relax. But after a rigorous workout, blood and waste products like lactic acid can stay in the muscles, which can cause swelling and pain.

Cooling down properly after exercise – try walking for 5-10 minutes – will help return blood to the heart and carry lactic acid away from muscles. The circulating blood also carries oxygen and nutrients your muscles, tendons and ligaments need for repair and growth.

Stretch

Whatever your age or athletic ability, be sure to stretch before, after and even in between exercise bouts. You'll get a range of benefits when it's part of your everyday routine, including:

Increased flexibility and joint range of motion.

A top benefit is an increased range of motion, which means your joints can move further and muscle tension lowers, helping to avoid an injury like a muscle sprain or tear.

Improved circulation.

Stretching increases blood flow, which helps bring nourishment to help refuel and repair muscles and remove byproducts of muscle tissue breakdown from exercise. Ultimately, improved circulation can speed muscle recovery and help increase energy levels.

Improved body posture.

Regular stretching helps you reduce muscle tension and maintain proper posture, which can help reduce the likelihood of lower back pain and other injuries, as well as promote joint efficiency.

Breathe Deep

Slow, deep breathing can have a calming effect on the body, decreasing everything from blood pressure to stress – and for athletes, deep, voluntary belly breathing can aid recovery by starting the digestive process sooner to ensure fuel and nutrients reach tired muscles faster.

Belly breathing is as simple: Take a slow (4 second) deep breath through the nose, hold for about 7 seconds, then slowly (over about 8 seconds) exhale through the mouth. Repeat 3 to 4 times and let your body relax. Try combining this with stretching.

Try a Massage

A properly-administered post-exercise massage can help drain toxins and other wastes from muscle tissue and help dissolve waste fluids such as lactic acid.

Ice Tired Muscles

Intense exercise can cause microscopic tears in muscle fibers, which stimulates muscle cell activity to repair and strengthen the muscles – this is often why muscles get sore a day or two after exercise.

Icing muscles is believed to speed recovery and reduce muscle pain by constricting blood vessels and flushing out waste products, like lactic acid, out of muscle tissue; and reduce the swelling and muscle tissue breakdown.

Get Some Rest

Avoid over-training where the body does not get an opportunity to sufficiently repair and strengthen between workouts. The end result can be tiredness, lack of performance, excessive soreness and increased risk of injury.

Rest days and a good night's sleep (7-8 hours) are critical to allow the body to adapt to the stress of exercise, to replenish energy stores and repair damaged muscle tissues.

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