Your body knows what’s good for it

- Milk is Nature’s wonder drink.
- It puts back what your exercise takes out.
- Easily absorbed and without added sugars, plain milk is Nature’s original sports food.
- Just one large glass of skim milk contains 10g of protein and nothing artificial.
- When refuelling is also important, flavoured milk provides additional carbohydrate.
- Drink your post workout milk chilled; or try a milkshake, or iced coffee.
- Milk or yogurt smoothies also deliver a great nutrient package, as does a tub of plain or flavoured yogurt.
- If your body could talk, this is what it would ask for.
Rehydrate
When you train hard, you sweat. All those fluids and electrolytes you sweat out need to be replaced. Milk helps you rehydrate fast by replacing fluid and electrolytes in the right balance. There is no more natural way to give your body what it most needs after exercise.

Refuel
Drinking flavoured milk immediately after working out replenishes your muscles’ energy stores and sets you up to perform better at your next exercise session. In fact, research has shown that people who drink milk straight after training are able to exercise longer in their next session than those who drink sports drinks or plain water. And the better you can train, the quicker you achieve your goals.

Repair
High-intensity or long workouts result in the breakdown of muscle tissue. Intake of 15-25g of high quality protein (about 2 glasses of milk), in the first hour after exercise can promote faster muscle rebuilding. Milk contains high quality proteins that can help repair damaged muscle tissue and promote lean muscle growth and adaptation.

Help lose fat, naturally
Whether you want to tone muscles or lose fat, what you drink is just as important as your exercise regime. Research has shown drinking milk after resistance exercise can increase muscle mass and fat loss. A recent study showed that women who drink 500ml of skim milk one hour after lifting weights gained more lean muscle and lost more fat than those who had a sugar-based drink.

Your daily liquid protein shot
More and more women are realising the benefits of hitting the weights room. Females who include resistance training in their exercise program know that it can boost both bone and muscle strength, as well as metabolic health in a way that other types of exercise cannot. To maximise the effects of resistance training, and achieve those toned results, it’s important to provide your muscles with a quality source of protein. Drinking milk straight after a workout is one of the easiest ways to give your body high-quality protein, and help you achieve your body composition goals.

Milk is a wholesome, nutrient-rich refreshing drink that contains nutrients your body needs to rehydrate, refuel and repair. Drink it after your workout and it provides the fluid and electrolytes your body craves, with the added benefit of protein. Milk’s low Glycaemic Index (GI) can also help you feel fuller for longer, help control hunger, and provide sustained energy release. Just what you need after a hard work out!

Dairy foods providing approximately 10g of protein

<table>
<thead>
<tr>
<th>Dairy food</th>
<th>Serve size</th>
</tr>
</thead>
<tbody>
<tr>
<td>Milk</td>
<td>300ml</td>
</tr>
<tr>
<td>Flavoured milk</td>
<td>300ml</td>
</tr>
<tr>
<td>Evaporated milk</td>
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<tr>
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<td>Ricotta cheese</td>
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<tr>
<td>Cheddar cheese</td>
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<tr>
<td>Vanilla custard</td>
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