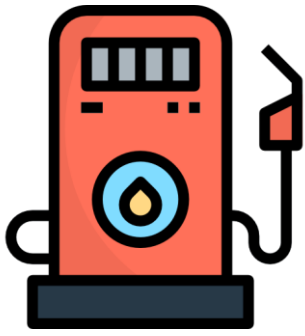
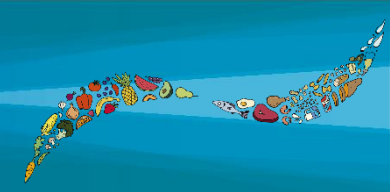


ON THE MOVE RECOVERY SNACKS



REFUEL

Replacing the carbohydrate energy reserves which were depleted from training



REPAIR

Begin the process of repairing the muscle tissue that was damaged during training



REHYDRATE

Replace fluids that were lost from sweat in training

The **post-exercise recovery snack** is important to set the **optimal conditions** for recovery, especially when there is a short turnaround between sessions. Where possible, a full and balanced meal should be the first choice but if that's not an option there are still plenty of **convenient** ideas...

