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## Post Workout Nutrition - 60 minutes

Post Workout Nutrition to Build Muscle in 60 minutes

Have you ever had a long drive from a holiday vacation? Did you feel tired and felt you had to refuel your body? This concept is similar when we talk about training and post workout nutrition. The workouts are intense. Your pre-workout meal is seeing results.

But how about refueling your body with the most powerful post workout protein-carbohydrate ratio? Imagine the thought of rebuilding bigger and better muscles. How would you like to see yourself progressing physically while repairing torn muscles?

If you want to repair that muscle tissue, the ideal protein-carbohydrate ratio is a must. It matters what we eat and drink after the intense workout. Your post workout nutrition can be overlooked at times, but it is essential if you want to be the most talked-about athlete in town.

What should be the proper protein-to-carbohydrate ratio after your workout? It is best to consume 1 kilogram per bodyweight for carbohydrates, and 0.3 g of protein per kilogram. Protein and carbohydrates should be high, and it is essential to have fat free choices. Fat will slow down the absorption making it difficult to repair these muscles.

By going high on carbohydrates, the insulin release will be high. This causes successful repairing and new muscle building. It is also necessary to go high on protein, since your protein suffers during intense exercise. After your workout, the rate of protein synthesis increases, and the rate of protein breakdown decreases. That's why it is so vital that you consume the right amount of carbs and protein.

Should you consume liquid or natural foods for a post workout meal? Though historically natural foods have been the choice, liquid is better in this case. Supplementation allows you to digest the foods appropriately. After a long workout, a big meal may not be ideal. Natural meals will also take longer to absorb than supplementation.

If you choose whole foods, you can choose foods such as fat free milk for protein, and spaghetti or white rice for carbohydrates. It is important to consume a proper ratio no more than 60 minutes after your workout. Though 60 minutes is standard, the sooner you consume, the better the results.

Since time is valuable, it is easier to make and consume a protein or carbohydrate shake, than to eat or prepare food. This is the key to recovering and increasing muscle building. The right protein-to-carbohydrate ratio is the ultimate factor for having bigger muscles. Many don't believe you need a post workout meal. There's no need to wait any longer. Do you want to be a superb athlete with bulging muscles?

Fitness: The Complete Guide, Fred C. Hatfield, PHD

## Tips for Paleo Success

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CrossFit® enthusiasts around the world tout the benefits of following the Paleo Diet. Started by Dr. Loren Cordain, this diet is based on eating food that hunter-gatherers would eat during the Paleolithic era (or Stone Age). It removes packaged and processed foods, dairy products, cereal and refined sugars—foods that obviously didn't exist 10,000 years ago. Instead, followers eat wholesome foods of vegetables, nuts, healthy oils, and clean proteins such as fish, poultry, and grass-fed beef.

In this day and age, it is much more difficult to follow this regimented diet. We all turn to pre-made meals when time is rushed, yet we know we need to eat healthier. To help you stick to a Paleo Diet, here are some tips for success:

Follow the 85:15 rule. Eight-five percent of the time, you should follow the Paleo Diet. However, it is acceptable to eat three meals a week that are not Paleo. You can have cheat meals, and it helps you stick to the diet. Staying too regimented makes people give up and go back to their old habits. This allows for a balance.

Prepare your meals in advance. For example, according to Dr. Cordain, for lunch make a salad at the beginning of the week incorporating the foods you like, such as spinach, vegetables, walnuts, almonds, cut up fruit—any healthy items that you enjoy eating. Prepare a single serving each day and mix in healthy protein and toss with lemon juice and olive oil. Because you have the salad already to go, you're less likely to grab something at the fast food joint.

Stop counting calories. Packaged foods come with labels listing caloric counts and ingredients you can't pronounce. Fresh vegetables and fruits do not. Eating a plate full of fresh veggies is still less calories than a bag of chips. This makes the Paleo Diet actually less stressful—you can eat more food and still take in less calories.

Source:

<http://thepaleodiet.com/what-to-eat-on-the-paleo-diet/>

## Injuries associated with CrossFit and how to avoid them

As the most challenging workout phenomenon in recent history, CrossFit® makes athletes out of everyday people. From couch potatoes to hard-core fitness gurus, all find CrossFit changes their body compositions, as well as their lifestyles. However, because of the grueling workouts, it is possible to become injured from time to time. Here are a few injuries associated with CrossFit exercises and how you can best avoid them:

**Injury: Lumbar/Lower Back**

CrossFit is designed to be a multi-planer form of exercise, meaning you move your body through all different ranges of motion in all different planes. But all this movement, especially the heavy lifting, causes strain on your back.

**Avoid:**

Strengthen your core first. This is especially important if you work a desk job and spend most of your day hunched over. If you come from a sedentary day to throwing medicine balls at night, you need to beef up your core. Try overhead squats and glute developer sit ups to tighten and strengthen this muscle group. You'll be more successful at the other exercises and less likely to injure yourself.

**Injury: Hamstrings**

The deadlift, a common movement in CrossFit, targets the hamstrings and if done improperly can result in strain or worse, a herniated disc.

Avoid:

Check your ego and go lighter on weight. Focus on a neutral spine instead of how heavy you can lift. Proper form is always more important.

Injury: Acute Fatigue

Although not the first "injury" that comes to mind, but acute fatigue is common in CrossFit. Athletes attend class six or seven days a week and perform the tough workouts without giving their bodies a break. You cannot sustain this level of exercise for a long time—your body will slow down, your mental state fades, and your appetite will suppress.

Avoid:

Lay off the gym. It's an easy answer, but not everyone follows it. If you still feel the need to exercise, do light stretching or very easy cardio to bring the body back to balance. It is also important to keep your body healthy from the inside out. Be sure to take in protein after each workout to build back up the muscles you worked.

Sources:

<http://breakingmuscle.com/mobility-recovery/preventing-common-bjj-and-crossfit-injuries>

## Mobility and the CrossFit Athlete

We all have experienced aches and pains throughout our lives. From exercise injuries to simple back strains from picking up your child, pain is inevitable. However, we can combat our ability to injure ourselves by making our bodies stronger and more mobile.

What is Mobility?

Mobility is the range of motion under specific circumstances. In short, any action with movement. It is important to obtain proper mobility because if any joint is compromised, then other joints make up for it—leading to body imbalances. For example, if your shoulders lack mobility, your back will overcompensate. This lack of proper mobility can cause injuries to occur to joints and soft tissues.

Luckily for you, one benefit of CrossFit is its designation to help athletes improve flexibility, mobility and range of motion. From Olympic lifting to jump rope, CrossFit is a full-body approach to achieving mobility. However, athletes need to be aware of any muscle imbalances and properly correct them. Asking the coaches at your gym to watch your form can help decipher if you overcompensate somewhere.

Additionally, to keep your joints moving properly, Wfit offers Move: Tendon and Ligament for joint support.\* This nutritional product provides vital support for physical attributes required by athletes to achieve success.\* It helps build, strengthen and support joint components and connective tissues, keeping you mobile.\*

Source:

<http://www.mobilitywod.com/about/faq/>

\* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent disease.

## What Caffeine does to your workout!

Caffeine is a stimulant. Ages ago, it was even banned from certain high-level sporting events. It can change your heart rate, blood flow and energy level. Because of this, the majority of people start their day with a cup of coffee and sip a few more cups all day long. Because it awakens you and gets the blood pumping, many even tend to take shots of caffeine before their workouts. But is it really worth it? The Benefits Caffeine is beneficial to two types of workouts: endurance exercises and short, intensive exercises, which includes CrossFit®. As

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CrossFit® is designed for quick movements and heavy lifting, caffeine can assist by increasing the adrenaline in your system.

Supposedly, caffeine delays muscle fatigue and helps the body use its own fat reserves, as well as saves your energy levels. This preserves your glycogen levels and allows your muscles to last longer. If this is true, then consuming caffeine before the quick exercises you complete in your Workout of the Day will allow you to maintain your energy levels—and you can keep lifting. The Downside Unfortunately, this sparing of glycogen doesn't last long. Caffeine wears off and you'll end up taking in more caffeine to keep your energy level up. This will backfire. Caffeine acts as a diuretic and will dehydrate you over time. It is also a drug and the body will react to it just the same as any drugs: you can become addicted. It's best to limit your caffeine intake to two to three cups of coffee and take it in an hour before your workout for optimal results.

While consuming caffeine pre-workout helps, it's also beneficial to prep the body with the proper nutrients. wFit Nutrition's Muscle Prep refills and infuses muscles with essential nutrients that can be used to offset energy loss and fatigue.\*

Source:

<http://www.fitday.com/fitness-articles/fitness/weight-loss/consuming-caffeine-before-working-out.html>

\* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent disease.

## What is Gut Health!

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## Should You Stretch Before You Work Out?

Stretching is an integral part of any workout routine. It lengthens the muscles and assists in lactic acid relief. However, it is typically done after your CrossFit® routine and not generally before you begin. We look into the research of should you actually be stretching before your WOD?

According to a study published in the *Clinical Journal of Sport Medicine*, researchers determined stretching before exercise does not reduce the risk of local muscle injury. They conducted a review of several clinical articles and determined that the overall scientific consensus concluded five reasons stretching would NOT prevent injuries. They are as follows:

1. Immobilization can cause muscle tissue to break.
2. It has no effect on exercises in which muscle length doesn't matter—this includes endurance exercises such as running.
3. It doesn't affect muscle compliance
4. It can produce damage in the cytoskeleton.

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5. It can mask pain.

What does this mean to you? Even basic science supports what we've always heard: stretching before exercise isn't necessary. It doesn't help prevent injuries and serves no evidentiary purpose. This is especially important to CrossFitters. Because of the intensity of the CrossFit® exercises, the workouts tend to pull out any injuries in you. If it is true that stretching masks pain, you could keep exercising and make the problem so much worse—completely unaware of the damage you are causing.

It's best to stretch post-workout. Stretching after your WOD helps reduce aches and pains and improves flexibility, as your muscles are nice and warm.

Source:

[http://journals.lww.com/cjsportsmed/Abstract/1999/10000/Stretching\\_Before\\_Exercise\\_Does\\_Not\\_Reduc](http://journals.lww.com/cjsportsmed/Abstract/1999/10000/Stretching_Before_Exercise_Does_Not_Reduc)



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