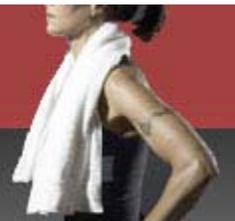


# THE FITNESS CENTER

Tips and news on getting fit, staying healthy



## What's the one thing you must do after working out?

posted by Steve Ruiz on Mar 16, 2009 4:29:30 PM

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Your workout is over. What is the first thing on my mind?

Take a shower and meet your friends out for a night on the town? Rush to pick up your child and take her to soccer practice? Rest?

Where does replenishing what your body lost during exercise fall on your priority list? Sharon Richter, a registered dietician based in New York, said it should be at or near the top.

"All, or a lot of, your stored energy in the form of glycogen has been used [during exercise]," Richter said Monday via phone.

Richter said glycogen -- the storage form of glucose in the body -- should begin to be replenished within the first 15 minutes after you step off that treadmill or complete your final set of repetitions. She said a drink with simple sugar is the best source of replenishment. She recommended Code Blue, Pedialyte and Coconut Water. (If anyone knows where to get Code Blue and Coconut Water in Central Florida, please let us know.)

Richter said within one hour after exercise, you should consume some protein. She said a 4-to-1, carb-to-protein ratio is recommended. Two tablespoons of peanut butter or a handful of nuts would do the trick, she said.

Richter said she sees two common mistakes of exercisers right after their workout is done.

"They don't eat anything," she said. "A lot of times, people lose their appetite after working out. Refueling is not a priority. Or they overeat."

Two extremes, both of which can affect any strides you hope to gain by exercising.

"Not eating anything is going to hinder your recovery in terms of lactic-acid buildup, building muscle mass," Richter said. "You are preventing yourself from advancing physically. Overeating will hinder your goal of weight loss."

For more from Richter, check out her Web site, sharonrichter.com. The section labeled Food Bytes is especially informative. And check back with The Fitness Center later this week for more tips from Richter.

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