



Drink Milk 1-2 Hours BEFORE Exercising!

Here are 5 benefits of milk BEFORE a workout.



Provides fluids & electrolytes

Fluids & electrolytes help replenish & rehydrate the sweat lost during the workout.



Provides carbohydrates

Carbohydrates give your body extra energy for more extended training & increase muscle growth.



It's a good energy source

Milk contains, lactose, fats, protein, & amino acids that help give you a boost!



Milk is low in fiber

Fiber slows down digestion & causes stomach upset during workouts. Milk is a solution that's low in fiber!



Provides calcium, vitamin D, & and other nutrients

Milk helps to support strong bones & overall health.



arizonamilk.org
nevadamilk.com