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, & other nutrients**: Milk helps to support strong bones & overall health.

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