

# "The Blend Blog"

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## *Why should I have a shake when I work out?*

When you work out you burn calories and your body loses nutrients that need to be replaced in order for you to recover from your workout and repair your body. There are many specifics about nutrition that can affect that recovery, but the major components of nutrition (macronutrients) are proteins, carbohydrates, and fats. Drinking a shake before or after your workout allows you to pinpoint the ratios of the macronutrients that your body requires at those times. Because a body absorbs and utilizes the nutrition from a liquid much faster than a solid, a shake is an ideal vehicle for replacing those macronutrients. Our all natural shakes deliver not only the right blend of nutrients, but they taste great too!!



***Remember : You Can Pre-order Your Shakes prior to working out or taking a class . Easy for You & Us!!***

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