



**"The Blend"
Blog
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Why drink your post workout calories?

After completing a great workout you will need to replenish the lost nutrients to help improve recovery, grow/repair muscle and to lessen muscle soreness.

We know that nutrient timing is important following a workout. Generally you have a window of approximately 30 to 45 minutes to replenish your energy stores. So is it better to eat or drink those calories? Inputting a nutrient-dense well-made shake is a very efficient method of helping you to refuel and recover after your workout. A liquid shake would be ideal to quickly input the depleted nutrients into your body. A liquid meal may be fully absorbed by your body in approximately 30 to 60 minutes, where it may take a solid food meal two to five hours to be fully absorbed.

Come enjoy one of our delicious shakes at the Blend today!