

# CitrusRoute

## PERSONAL TRAINING

### Recovery Foods

Last month I talked about cardiovascular exercise and the importance of incorporating high intensity interval training into your workout to burn more calories.

Now you are probably wondering what kinds of foods you need to eat to help gain as many benefits as possible from the workout?

Recovery nutrition usually focuses on the importance of consuming protein to help rebuild muscles. However, the effects of a good hard workout go beyond just muscle breakdown. Research shows that exercise increases inflammation and oxidative stress. This usually exhibits itself in our bodies as muscle soreness felt hours or days later.

So, how do we reduce inflammation and oxidative stress and in turn post-workout soreness?

- Cherries and pomegranates may help in recovery. The polyphenols and anthocyanins that give these fruits their colour may reduce inflammation and muscle soreness.
- The spice turmeric has anti-inflammatory properties. You can add it to food instead of salt.
- Coconut is another food that has shown benefits especially for hydration during and post exercise because it has potassium and calcium.
- Ginger can be added to your meals to promote healing and reduce inflammation.

Protein, like chicken, fish, or tofu is still needed to help re-build your muscles but these other nutrients are just as important.

***Keep Exercising & Eating!***

### Newsletter August 2015

#### Fall Boot Camp

Starts Monday September 14<sup>th</sup> @ 7 pm.

Only \$100 for 14 classes!!

Ends December 14<sup>th</sup>, 2015

Contact Cindy today to confirm your spot.

Get Ready for a HITT Workout!!

Protect Yourself! We all need reminders every once and a while. Apply sunscreen at least 20 minutes before heading outdoors. Use Bug Spray with DEET to prevent bits from black -legged ticks and mosquitoes, which can cause Lyme disease and West Nile virus.

#### Osteoporosis Workshop

Learn how to safely perform your everyday activities, improve muscular strength, balance, & posture. Reduce your chances of fracture.

Next Session October 2015

Call Cindy 519-212-6063 or  
[cindy@citrusroutept.com](mailto:cindy@citrusroutept.com)

**Cindy offers private personal training and kinesiology in her home studio. Call or email today to book an appointment.**

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