

# Transition CROSSFIT

May 2010



## “RECOVERY AND PWO NUTRITION”

RECOVERY IS A TERM THAT GETS USED OFTEN BUT MORE TIMES THAN NOT IS MISUNDERSTOOD. RECOVERY IS NOT WHAT WE ARE ALL WORKING FOR WHEN WE'RE DOING THESE CROSSFIT WORKOUTS. WHAT WE'RE LOOKING FOR IS WHAT IS CALLED “SUPERCOMPENSATION” IT IS A FANCY WORD FOR RESULTS.

SUPER-COMPENSATION DOES NOT HAPPEN UNLESS A FEW THINGS FALL INTO PLACE. ONE MAJOR PIECE OF THAT PUZZLE IS “RECOVERY”. IN ORDER TO ACHIEVE SUPER-COMPENSATION OR

RESULTS YOUR BODY MUST FIRST RECOVER FROM THE DAMAGE INCURRED BY THE INTENSE PHYSICAL TRAINING.

A LARGE FACTOR IN PROPER RECOVERY IS “POST WORKOUT NUTRITION” IMMEDIATELY AFTER YOUR WORKOUT YOU SHOULD BE THINKING ABOUT GETTING SOME GOOD FOOD INTO YOUR BODY ASAP. IMMEDIATELY AFTER A WORKOUT YOU HAVE A WINDOW OF OPPORTUNITY TO HELP IMPROVE YOUR RECOVERY TIME AND RESULTS. DURING EXERCISE YOUR MUSCLE CELLS INCREASE IN VOLUME. THE VOLUMIZATION OF THE CELLS HAS BEEN PROVEN TO INCREASE BOTH PROTEIN AND GLYCOGEN SYNTHESIS, BOTH OF WHICH ARE KEYS TO RECOVERY AND RESULTS, SO NOW YOU ASK “WHAT SHOULD I EAT AFTER A WOD? . A PROTEIN SHAKE IS BEST. WHY? A FEW REASONS. THE BODY WILL DIGEST A LIQUID MEAL FASTER THAN A SOLID MEAL. IT'S QUICK AND EASY AND THAT'S A GOOD THING BECAUSE WE ARE ALL PRESSED FOR TIME. YOUR PROTEIN SHAKE SHOULD CONSIST OF BOTH WHEY AND CASEIN PROTEINS AND A SIMPLE CARBOHYDRATE. PRODUCTS LIKE THIS ARE BEST PURCHASED FROM A LOCATION THAT SPECIALIZES IN THEM. ADDING A SHAKE AFTER EACH WORKOUT WILL HELP YOU GET RESULTS PLAIN AND SIMPLE.



# Recipe of the Month

## Chicken Kali

### **INGREDIENTS:**

**1/3 TSP OF OLIVE OIL**

**3 OUNCES CHICKEN BREAST CUT INTO STRIPS.**

**3/4 CUP CHOPPED VIDALIA ONION**

**1 TSP MINCED GARLIC**

**1 TSP GROUND GINGER**

**1 TSP MILD CURRY POWDER**

**1 TSP DRIED MINT**

**1 RED BELL PEPPER CHOPPED**

**1 CUP OF PINAPPLE CHUNKS**

**2 TSP SLIVERED ALMONDS**

### **INSTRUCTIONS:**

**PREHEAT OVEN TO 400 F AND SPRAY OIL ON COOKING SHEET**

**IN WOK OR SAUTÉ PAN OVER HIGH HEAT, HEAT OLIVE OIL, STIR FRY CHICKEN, ONION, UNTIL CHICKEN IS COOKED. SPRINKLE THE CHICKEN MIXTURE WITH SPICES TO YOUR DESIRED LEVEL OF FLAVOR. ADD PEPPER AND PINAPPLE AND HEAT. ADD ALMOND SLIVERS BEFORE SURVING.**

**ENJOY**

byline

Lorem Ipsum

# Cool Clothing and Gear



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