

HERBALIFE

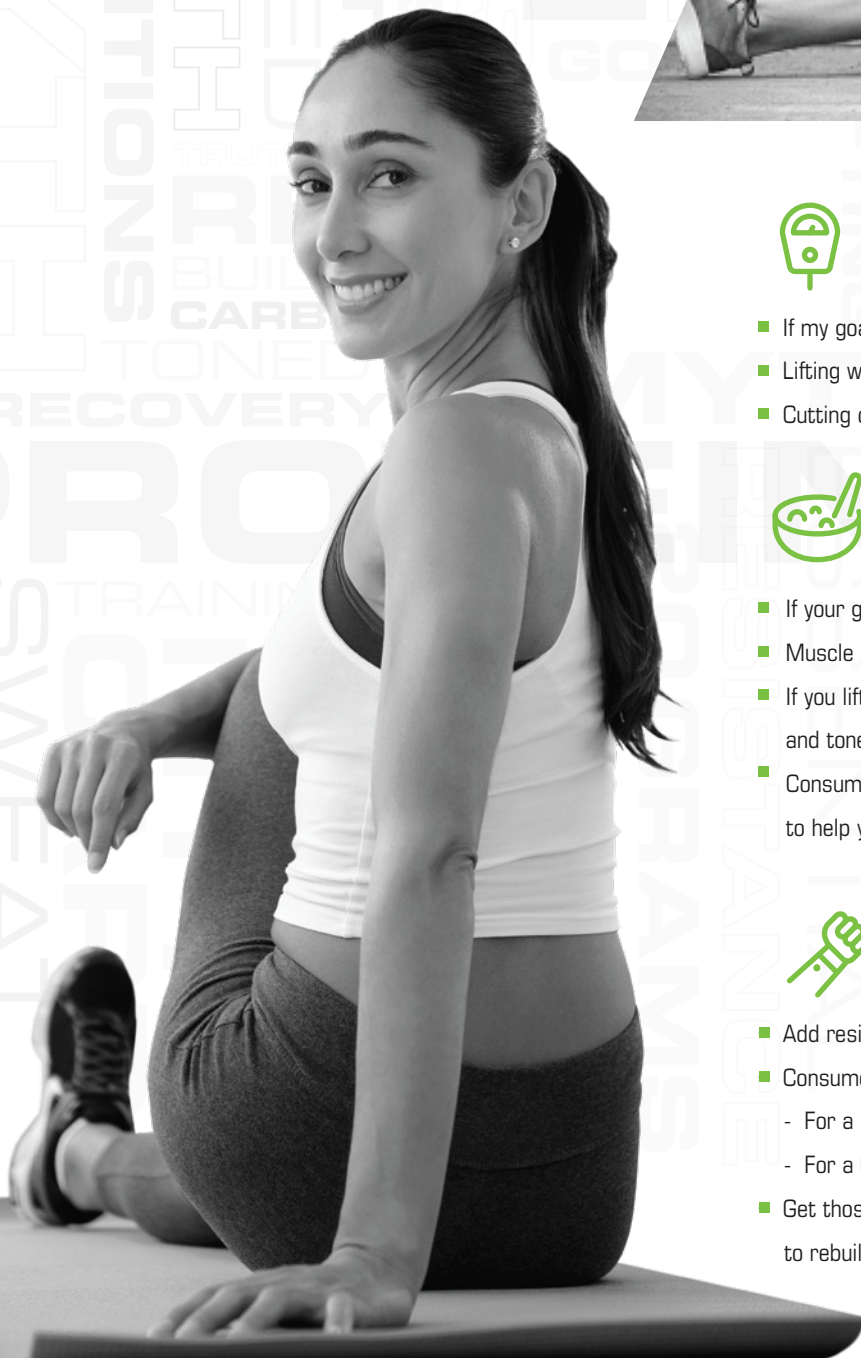
24

NUTRITION FOR THE
24-HOUR ATHLETE

FIND YOUR ATHLETE

MYTHS VS. REALITY

Chopping down a few tall tales about
workouts and weight loss



THE MYTHS

- If my goal is to lose weight, I should only do cardio exercises
- Lifting weights will cause me to “bulk up” and ultimately gain weight
- Cutting calories by skipping a meal after my workout will help me lose weight



THE REALITY

- If your goal is to lose weight and body fat, it is essential to build some muscle
- Muscle burns calories at a higher rate than fat
- If you lift lighter weights for more reps, the muscle you build will be shapely and toned, not big and bulky
- Consume high-quality protein and carbohydrates immediately after your workout to help your body recover



THE SOLUTION

- Add resistance training to your workout at least two to three days a week
- Consume at least 20 g of protein after each workout
 - For a light-to-moderate intensity workout, add 20 g of carbohydrates
 - For a high-intensity workout, consume closer to 40–60 g of protein
- Get those good-quality calories in during the first 30 minutes after your workout to rebuild lean muscle and enhance recovery