

THE BEST RECOVERY DRINKS



Water provides much needed hydration without calories or sugar. It does lack taste

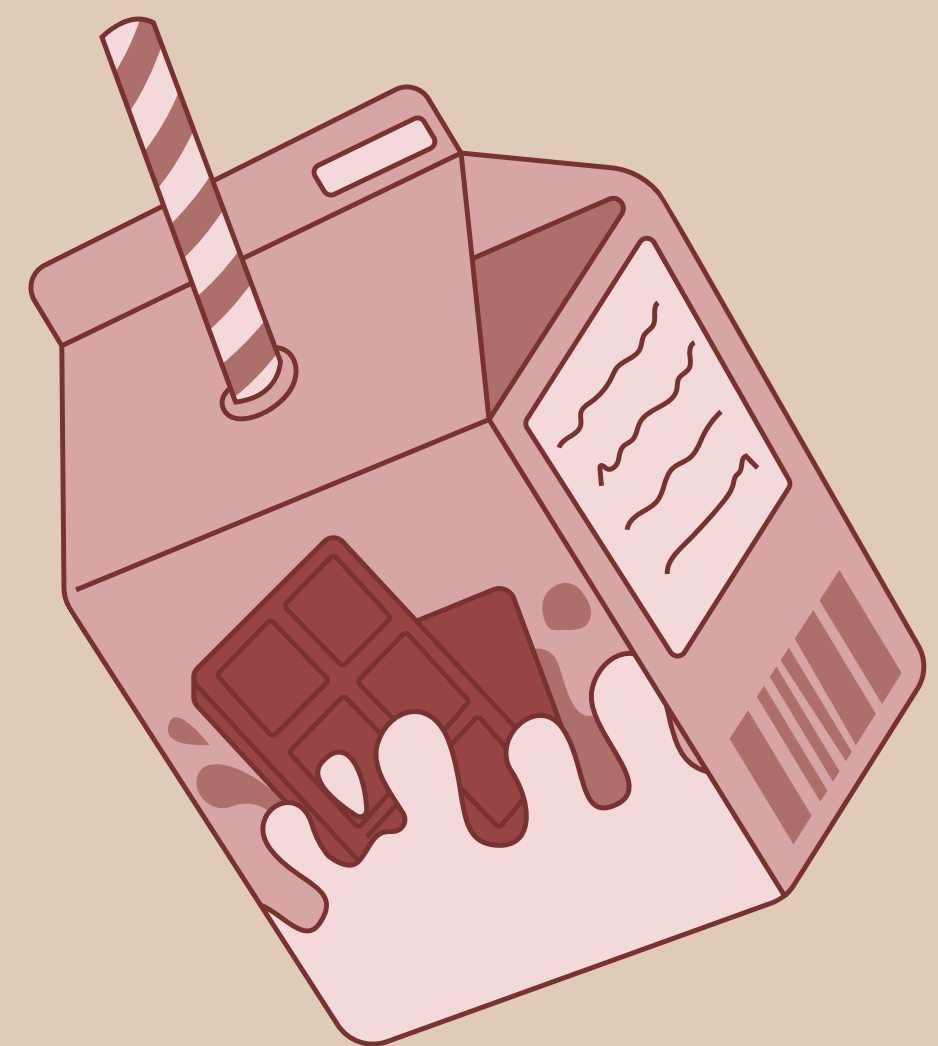


They contain much fewer calories and less sugar than sports drinks, and have more flavor than water.

However, they are made up of mostly sugar, and are not that great for you



If you don't work out for over an hour, you are doing more harm than good with the enormous amount of sugar in a sports drink.



Chocolate milk is the best at hydration and it builds muscles faster. It does have sugar, so you must watch portion sizes.