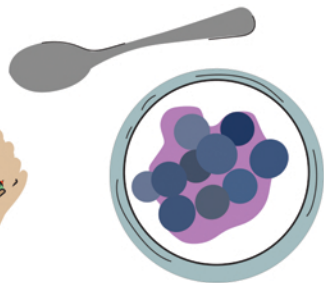


# What to eat after exercise



Keep drinking normally to rehydrate

Focus on protein rich snacks to help your muscles recover.



You could try:

- A handful of mixed nuts and dried fruit
- A Greek yoghurt with a handful of oats and some berries
- Some peanut butter on rice cakes