

# OPTIMIZING RECOVERY

## Maximizing Post-Exercise Nutrition:

The Science Behind Refueling with Chocolate Milk

*August 13, 2014*



**BUILD it.**

got **chocolate** milk?

# today's agenda



Chocolate Milk Science

New Swimming Study



# post-exercise nutrition

Can **affect performance** at the next event

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Helps **reduce the chances of injury**

---

Boosts the **health, well-being** of athletes

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**IT'S JUST AS IMPORTANT AS  
PRE-EVENT NUTRITION!**

# who benefits from recovery?

Runners  
training for  
a long-  
distance race

Triathletes  
doing double  
workouts

Swimmers  
during an all  
day meet

**ANY ATHLETE PARTICIPATING IN  
REGULAR STRENUOUS EXERCISE**

# what is recovery?

Muscle/  
glycogen  
replenishment and  
rebuilding

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Electrolyte  
replenishment and  
rehydration

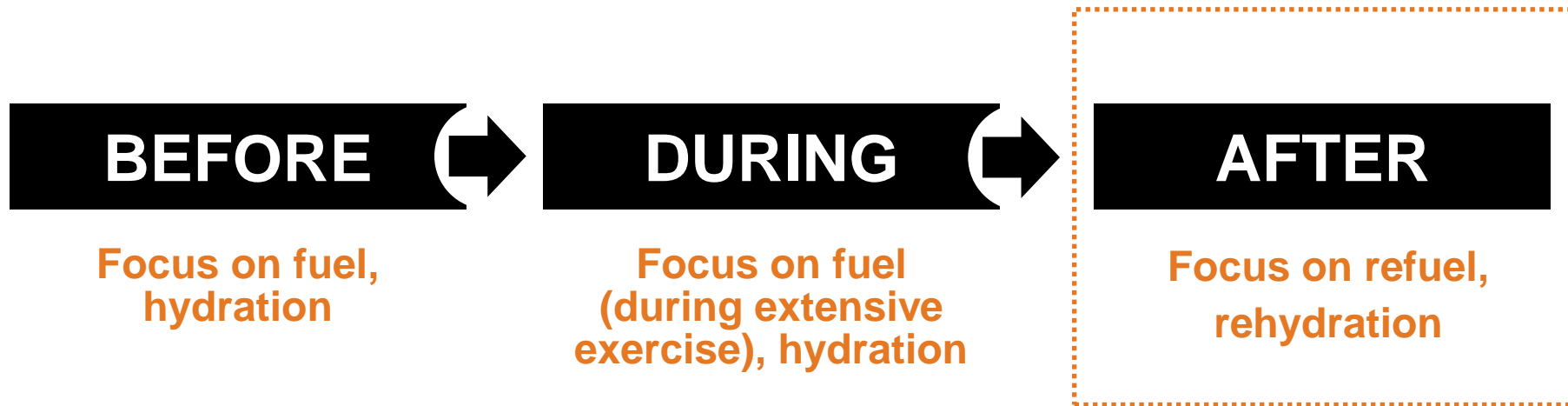
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Mental rest and  
recovery

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Recovery can help athletes **avoid injuries**,  
and **feel their best** so they can  
stick to their training routines

# the recovery context



# a quick look at expert recovery advice



## from the association

### Position of the American Dietetic Association, Dietitians of Canada, and the American College of Sports Medicine: Nutrition and Athletic Performance

#### ABSTRACT

It is the position of the American Dietetic Association, Dietitians of Canada, and the American College of Sports Medicine that physical activity, athletic performance, and recovery from exercise are enhanced by optimal nutrition. These organizations recommend appropriate selection of foods and fluids, timing of intake, and supplement choices for optimal health and exercise performance. This updated position paper couples a rigorous, systematic, evidence-based analysis of nutrition and performance-specific literature with current scientific data related to energy needs, assessment of body composition, strategies for weight change, nutrient and fluid needs, special nutrient needs during training and competition, the use of supplements and ergogenic aids, nutrition recommendations for vegetarian athletes, and the roles and responsibilities of sports dietitians. Energy and macronutrient needs, especially carbohydrate and protein, must be met during times of high physical activity to maintain body weight, replenish glycogen stores, and provide adequate protein to build and repair tissue. Fat intake should be sufficient to provide the essential fatty acids and fat-soluble vitamins, as well as contribute energy for weight maintenance. Although exercise performance can be affected by body weight and composition, these physical measures should not be a criterion for sports performance and diets with weight loss are discouraged. Adequate food and fluid should be consumed before, during, and after exercise to help

0009-823X/09/10603-0017\$6.00/0  
doi:10.1016/j.jada.2009.01.005

© 2009 by the American Dietetic Association

This American Dietetic Association (ADA) position paper uses ADA's Evidence Analysis Process and information from ADA's Evidence Analysis Library. Similar information is also available from Dietitians of Canada's Practice-based Evidence in Nutrition. The use of an evidence-based approach provides important added benefits to earlier review methods. The major advantage of the approach is the more rigorous standardization of review criteria, which minimizes the likelihood of reviewer bias and increases the ease with which disparate articles may be compared. For a detailed description of the methods used in the evidence analysis process, access ADA's Evidence Analysis Process at <http://adaeal.com/eaprocess/>.

Conclusion Statements are assigned a grade by an expert work group based on the systematic analysis and evaluation of the supporting research evidence. Grade I=Good, Grade II=Fair, Grade III=Limited, Grade IV=Expert Opinion Only, and Grade V=Grade Is Not Assignable (because there is no evidence to support or refute the conclusion).

Evidence-based information for this and other topics can be found at [www.adaevidencelibrary.com](http://www.adaevidencelibrary.com) and [www.dietitianswork.com/pen](http://www.dietitianswork.com/pen) and subscriptions for non-ADA members are available for purchase at <https://www.adaevidencelibrary.com/store.cfm>. Subscriptions for Dietitians of Canada and non-Dietitians of Canada members are available for Practice-based Evidence in Nutrition at [http://www.dietitianswork.com/pen\\_order.asp](http://www.dietitianswork.com/pen_order.asp).

maintain blood glucose concentration during exercise, maximize exercise performance, and improve recovery time. Athletes should be well hydrated before exercise and drink enough fluid during and after exercise to balance fluid losses. Sports beverages containing carbohydrates and electrolytes may be consumed before, during, and after exercise to help maintain blood glucose concentration, provide fuel for muscles, and decrease risk of dehydration and hyponatremia. Vitamin and mineral supplements are not needed if adequate energy to maintain body weight is consumed from a variety of foods. However, athletes who restrict energy intake, use severe weight-loss practices, eliminate one or more food groups from their diet, or consume unbalanced diets with low micronutrient density, may require supplements. Because regulations specific to nutritional ergo-

genic aids are poorly enforced, they should be used with caution, and only after careful product evaluation for safety, efficacy, potency, and legality. A qualified sports dietitian and in particular in the United States, a Board Certified Specialist in Sports Dietetics, should provide individualized nutrition direction and advice subsequent to a comprehensive nutrition assessment. *J Am Diet Assoc.* 2009;109:509-527.

#### POSITION STATEMENT

It is the position of the American Dietetic Association, Dietitians of Canada, and the American College of Sports Medicine that physical activity, athletic performance, and recovery from exercise are enhanced by optimal nutrition. These organizations recommend appropriate selection of food and fluids, timing of intake, and sup-

Journal of the AMERICAN DIETETIC ASSOCIATION 509

Position of the American Dietetic Association, Dietitians of Canada, American College of Sports Medicine. *Journal of the American Dietetic Association.* 2009;109: 509-527.  
International Society of Sports Nutrition. *Journal of the International Society of Sports Nutrition.* 2008;17-28.  
American College of Sports Medicine. *Medicine & Science in Sports & Exercise.* 2007;39:377-390.

## WHAT TO EAT



**Carbs**  
**Protein**  
**Fluids and electrolytes**

## WHEN TO EAT



**30 minutes to 2  
hours after  
strenuous exercise**

## HOW MUCH TO EAT



**0.75 g carbs/lb body weight**

**About one gram protein for  
every three or four grams  
carbs**

**16-24 fl. oz./lb body weight  
lost during exercise**



# WHAT TO EAT



Carbs

Protein

Fluids and electrolytes

## CARBOHYDRATES

to refuel depleted muscle glycogen



## PROTEIN

to reduce muscle breakdown and stimulate growth

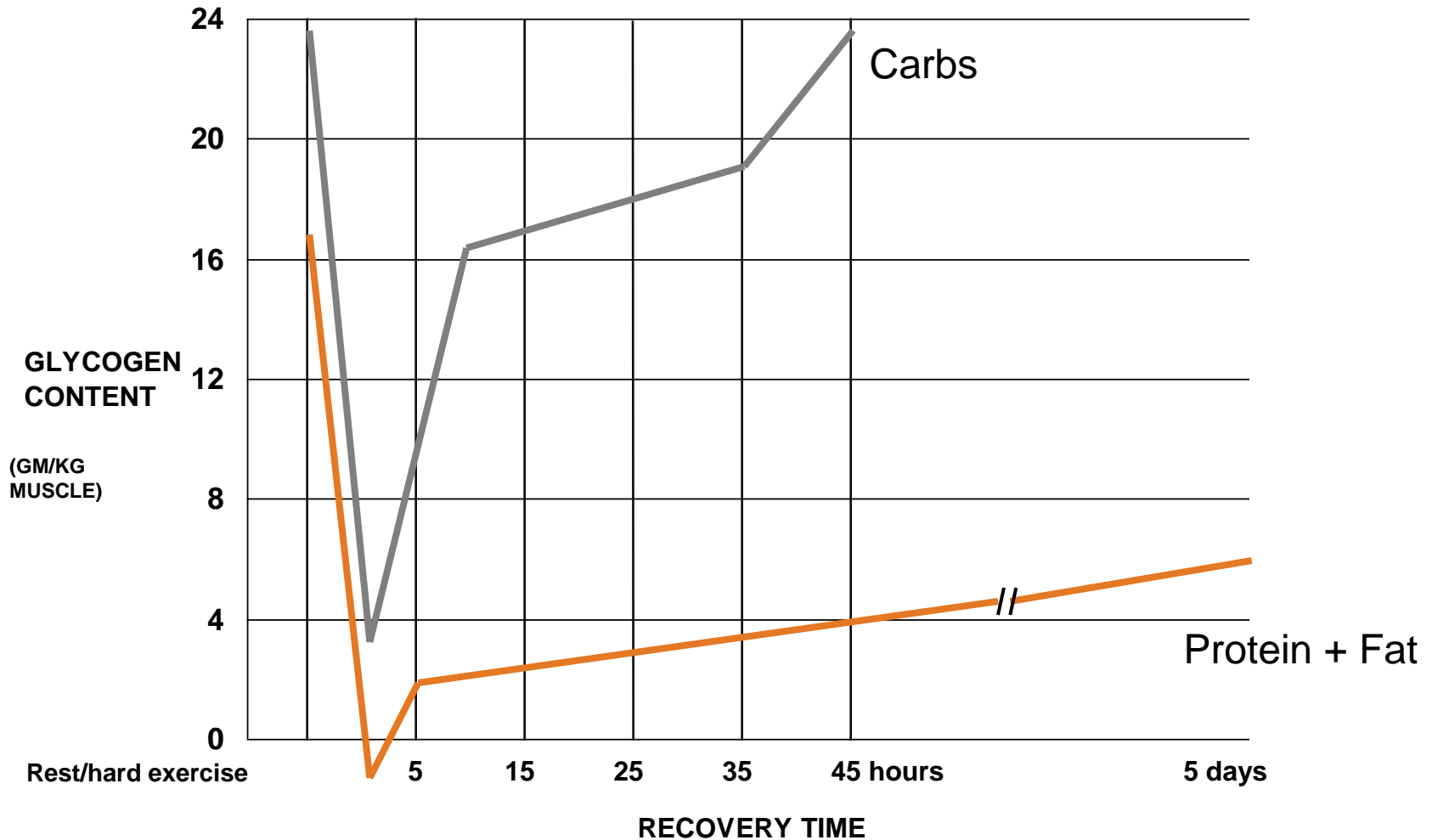


## FLUID and ELECTROLYTES

to rehydrate the body by replenishing sweat losses



# carbs refuel while protein builds and repairs



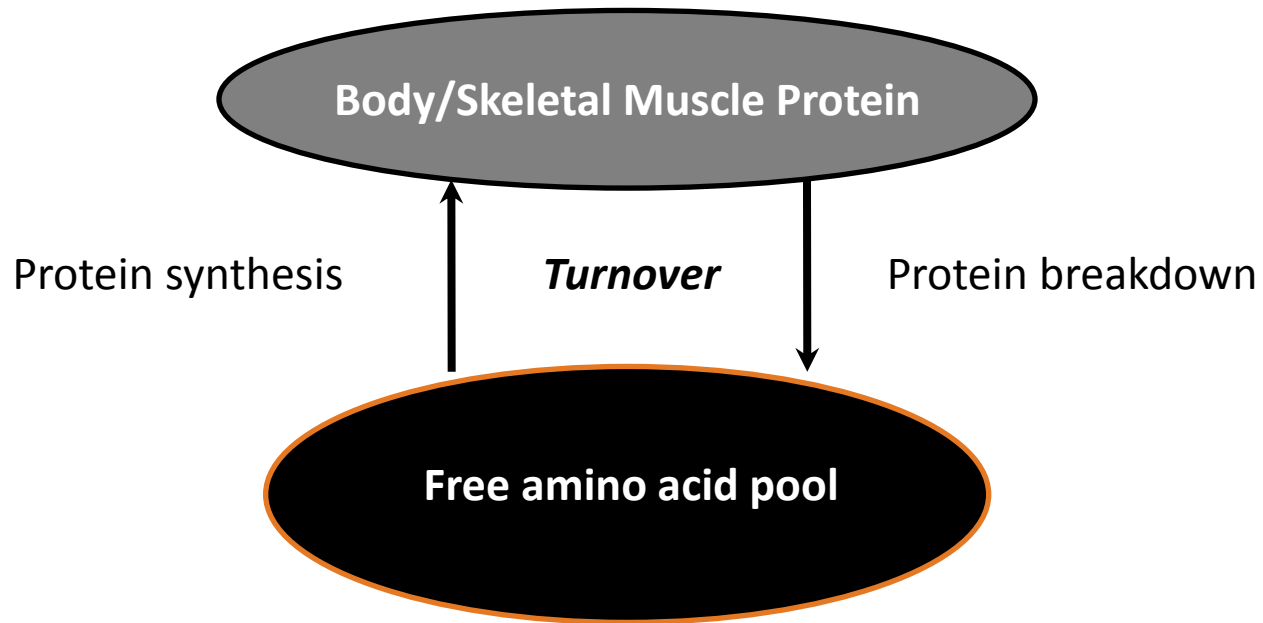
# the power of protein

About one gram protein for every three or four grams carbs

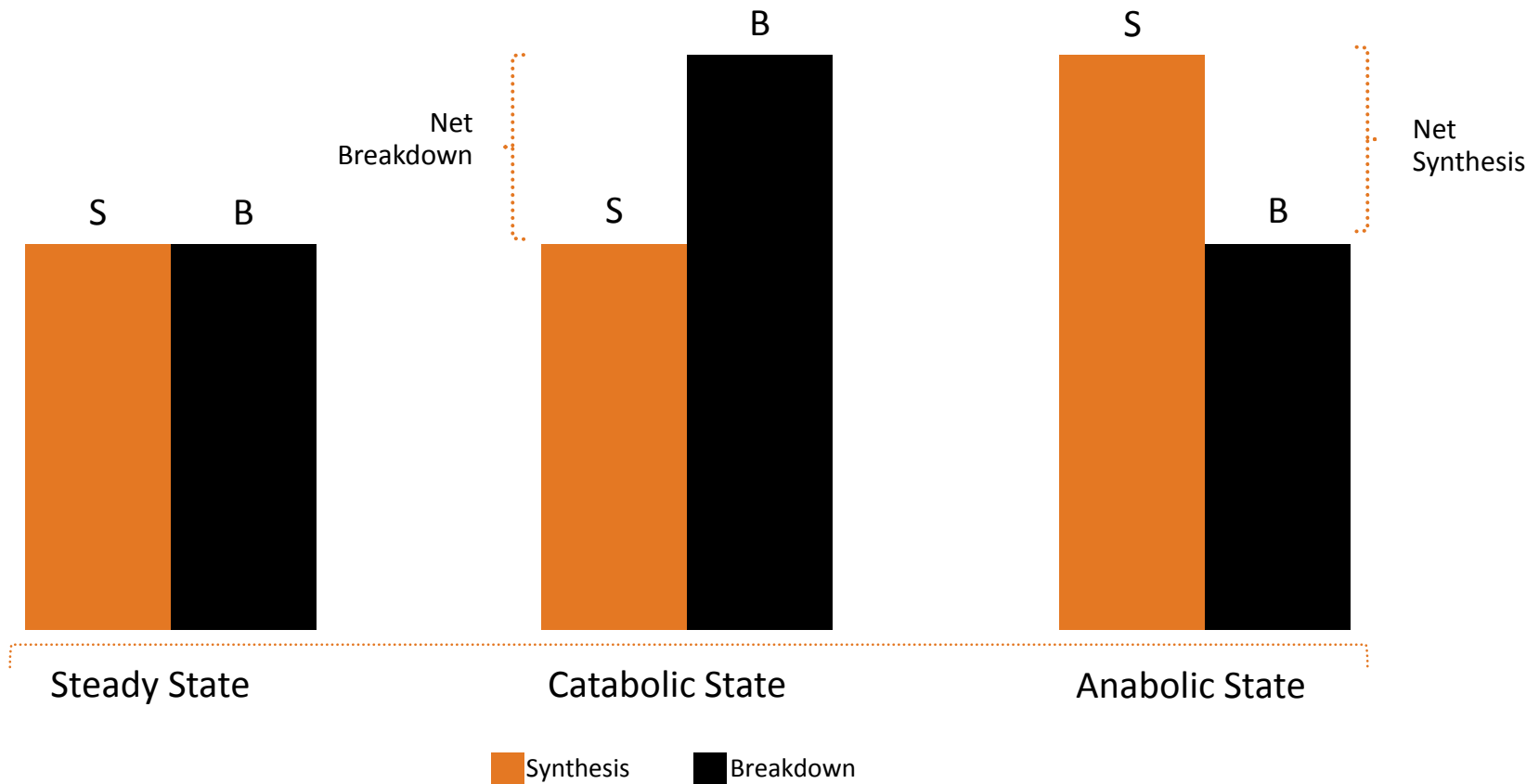
## Consider:

- Type of protein, quality
- Leucine content
- The combination with carbs
- Too much is “wasted”

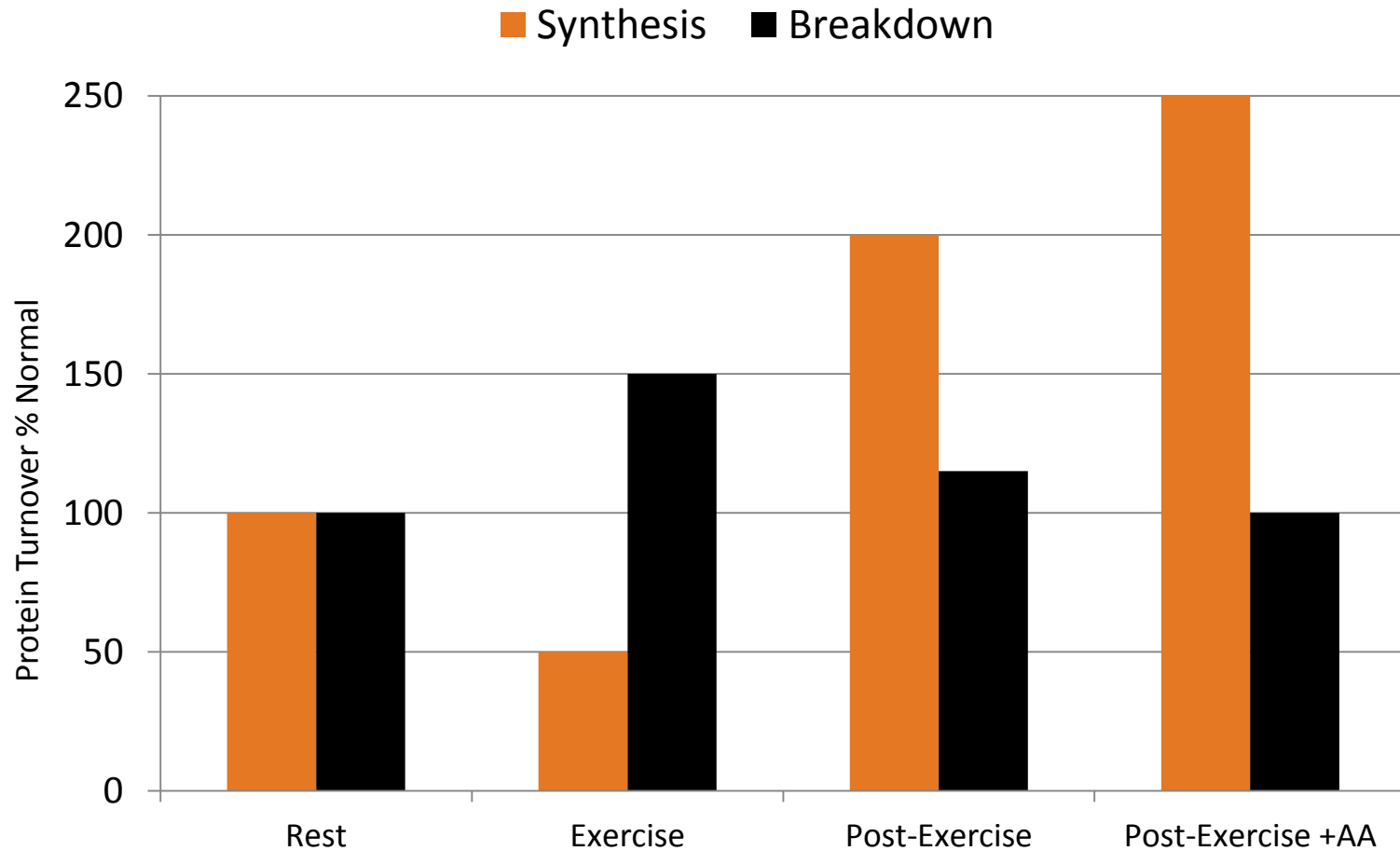
# protein turnover



# skeletal muscle turnover



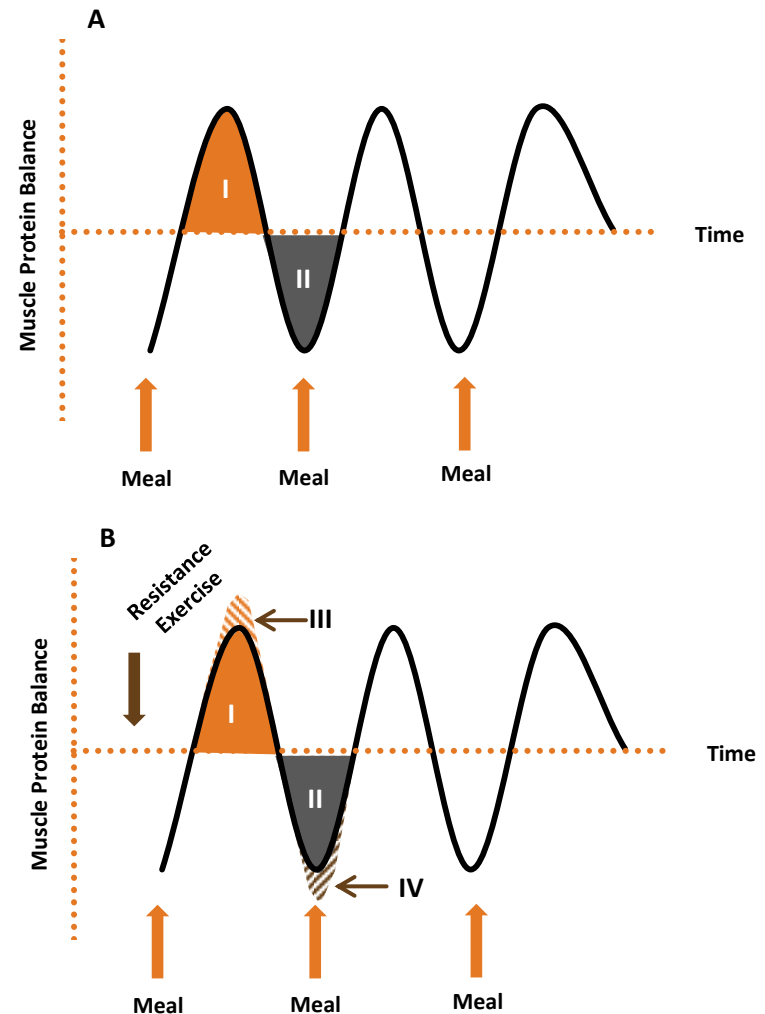
# protein synthesis and protein breakdown at rest, during exercise, and post-exercise



Biolo et al., *Am J Physiol*, 1995; *Am J Physiol*, 1997

# net protein balance response to nutrition and exercise

- Exercise is essentially **catabolic**; energy is required for work
- Recovery is essentially **anabolic**; energy and rest is required to rehydrate, refuel, repair, and rebuild
- *Nutrients – primarily carbohydrate and protein – need to be consumed to achieve an anabolic state, a positive NET balance*



# fluids and electrolytes

## Fluids

16-24 fl. oz. for each pound of body weight lost during exercise

## Electrolytes

Based on extent of sweat loss – sodium, potassium, magnesium, calcium



# for example, after exercise 120 pound athlete may need...

**Carbohydrate**

**82 grams**

(amount in about 24 ounces of chocolate milk)

**Protein**

**20 to 27 grams**

(approximately equal to the amount in 24 ounces of chocolate milk)

**Fluids**

**24 ounces**

(depending on exercise intensity, weight loss)

**Electrolytes**

**Sodium, calcium, potassium and  
magnesium**

(depending on sweat losses)



# and, a 190 pound athlete may need...

**Carbohydrate**

**130 grams**  
(amount in about 40 ounces of chocolate milk)

**Protein**

**32 to 43 grams**  
(amount in a quart of milk)

**Fluids**

**24 ounces**  
(depending on exercise intensity, weight loss)

**Electrolytes**

**Sodium, calcium, potassium and  
magnesium**  
(depending on sweat losses)



A black and white photograph of a man with a short haircut, wearing a dark t-shirt. He is looking slightly to the right with a subtle smile. He is holding a peach in his right hand, which is the only colored element in the image. The background is a blurred outdoor setting.

recovery food and  
drinks

# considerations for recovery

Food vs.  
beverage

Carb and  
protein  
combo

Convenience  
and  
affordability

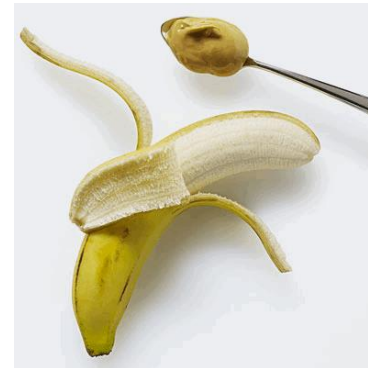
Taste and  
tolerance

Intensity of  
workout,  
recovery  
timing

Find the right options and combinations for each athlete

# post-workout snack ideas

- Turkey and Cheese with Apple Slices and Pretzels
- Tuna on Whole Wheat
- Banana and Peanut Butter
- Chocolate Milk





a closer look at  
chocolate milk

# why chocolate milk?

## Backed by Science

Researchers first began studying chocolate milk because it had the same carb/protein ratio supported by science

## Trusted by Athletes

For years, athletes have grabbed chocolate milk after exercise, as a convenient and great-tasting way to refuel and recover

# a growing body of evidence

## More than 20 studies on the specific benefits of milk and chocolate milk for post-exercise recovery

International Journal of Sport Nutrition and Exercise Metabolism, 2006, 16, 78-81  
© 2006 Human Kinetics, Inc.

### Chocolate Milk as a Post-Exercise Recovery Aid

Jason R. Karp, Jeanne D. Johnston, Sandra Tecklenburg, Timothy D. Mickleborough, Alyce D. Fly, and Joel M. Stager

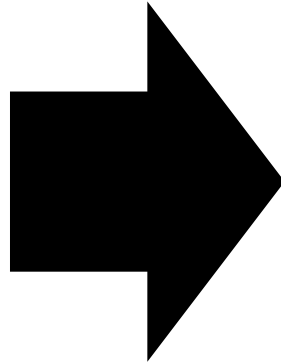
Nine male, endurance-trained cyclists performed an interval workout followed by 4 h of recovery, and a subsequent endurance trial to exhaustion at 70%  $\dot{V}O_{2max}$  on three separate days. Immediately following the first exercise bout and 2 h of recovery, subjects drank isovolumic amounts of chocolate milk, fluid replacement drink (FR), or carbohydrate replacement drink (CR), in a single-blind, randomized design. Carbohydrate content was equivalent for chocolate milk and CR. Time to exhaustion (TTE), average heart rate (HR), rating of perceived exertion (RPE), and total work (W) for the endurance exercise were compared between trials. TTE and W were significantly greater for chocolate milk and FR trials compared to CR trial. The results of this study suggest that chocolate milk is an effective recovery aid between two exhausting exercise bouts.

**Key Words:** glycogen resynthesis, endurance performance, nutrition, sports drink

It is well known that endurance exercise performance is influenced by the amount of stored glycogen in skeletal muscles, and that intense endurance exercise decreases muscle glycogen stores (9, 10, 13, 18), leading to a diminution in performance. The resynthesis of glycogen between training sessions occurs most rapidly if carbohydrates (CHO) are consumed within 30 min to 1 h after exercise (9, 13, 17). Indeed, delaying carbohydrate ingestion for 2 h after a workout can reduce the rate of glycogen resynthesis by half (20, 23). To maximize the rate of glycogen resynthesis, it is suggested that 50 to 75 g of CHO be ingested within 30 to 45 min after exercise (1), with ingestion of 1.2 to 1.5 g CHO/kg of body weight/hour for the next few hours (12, 16, 20, 24, 29). Ingesting protein along with carbohydrate (at a CHO-to-protein ratio of 2 to 2.9:1) has been shown to hasten the rate of glycogen synthesis and improve endurance performance, especially when the amount of carbohydrate ingested is less than current recommendations (20, 21, 35, 39). Of particular importance is the study of Ivy et al. (23), who found that the ingestion of a solution containing a 4:1 CHO-to-protein ratio improved endurance performance

The authors are with the Dept of Kinesiology and Applied Health Science, Human Performance Laboratory, Indiana University, Bloomington, IN 47402.

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Med Sport Sci. 2013;59:127-34. doi: 10.1159/000341954. Epub 2012 Oct 15.

### Chocolate milk: a post-exercise recovery beverage for endurance sports.

Pritchett K. Pritchett R.  
Department of Nutrition, Exercise and Health Sciences, Central Washington University, Ellensburg, Wash., USA.

**Abstract**  
An optimal post-exercise nutrition regimen is fundamental for ensuring recovery. Therefore, the use of chocolate milk as a post-exercise recovery beverage for many athletes, taking the place of a carbohydrate replacement drink, is a viable option. Low-fat chocolate milk, consisting of a 4:1 carbohydrate-to-protein ratio, is an effective recovery aid between two exhausting exercise bouts.

UT Home > News > Chocolate Milk Gives Athletes...

Volume 39 | Number 1 | January 2014

## Medicine & Science IN Sports & Exercise

The Official Journal of the American College of Sports Medicine

### Journal of the International Society of Sports Nutrition

Review  
**Milk: the new sports drink? A Review**  
Brian D Roy

### Chocolate Milk Gives Athletes Leg-up After Exercise, Says University of Texas at Austin Study



2006



# lowfat chocolate milk: what's in it?

## Nutrition Facts

Serving Size 8 fl oz  
Servings Per Container 1

Amount Per Serving

**Calories** 160    **Calories from Fat** 25

% Daily Value\*

**Total Fat** 2.5g    **4%**

Saturated Fat 1.5g    **8%**

**Cholesterol** 10mg    **3%**

**Sodium** 150mg    **6%**

**Total Carbohydrate** 26g    **8%**

Dietary Fiber 1g    **4%**

Sugars 25g

**Protein** 8g

Vitamin A 10%    •    Vitamin C 4%

Calcium 30%    •    Iron 4%

Potassium 12%    •    Vitamin D 25%

Riboflavin 25%    •    Niacin 12%

Vitamin B12 15%    •    Phosphorus 25%

Magnesium 8%    •

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

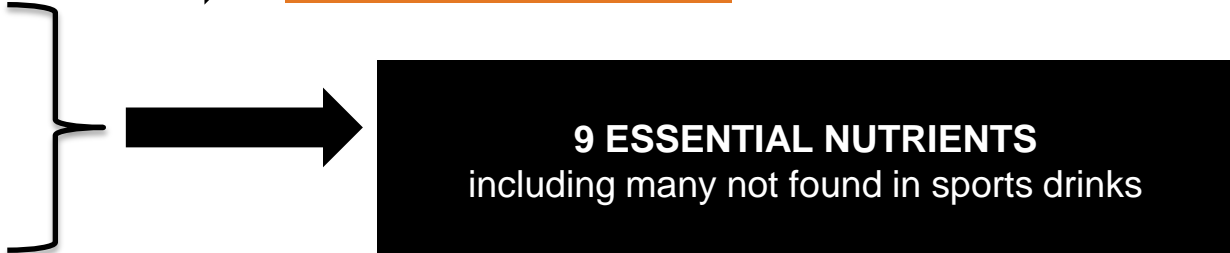
Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4



**CARBS**



**PROTEIN**



**9 ESSENTIAL NUTRIENTS**  
including many not found in sports drinks

**CALCIUM and VITAMIN D**  
**B VITAMINS**  
**ELECTROLYTES**  
sodium, potassium, calcium, magnesium

# the research



**1**

**Perform**

**2**


**Refuel and Rehydrate**

**3**

**Rebuild**

**4**

**Reshape**

A composite image featuring a bottle of chocolate milk in the foreground and a swimmer in a pool in the background. The bottle is on the left, partially submerged in water, with the label 'CHOCOLATE MILK' clearly visible. The swimmer is in the middle ground, performing a stroke in a pool with lane lines. The background shows the blue water and the swimmer's reflection on the surface.

**Drinking chocolate milk after a hard workout could give athletes a performance edge, according to a growing body of research.**

**PERFORM**

# First-of-its-kind swimming research



AMERICAN COLLEGE OF SPORTS MEDICINE  
of **SPORTS MEDICINE**  
LEADING THE WAY



INDIANA UNIVERSITY

## SWIMMERS GAIN AN EDGE WITH CHOCOLATE MILK

Swimmers who recovered with **chocolate milk** after an intense practice, on average shaved off **2.1 seconds** per 200 yard swim, and **0.5 seconds** per 75 yard sprint in time trials later that same day, compared to when they recovered with a traditional carbohydrate sports drink or calorie-free beverage.

chocolate milk



commercial carbohydrate sports drink



calorie-free beverage



SOURCE: Stager JM, Brammer CL, Sossong T, Kojima K, Spanbaur D, Grand K, Wright BV.  
Supplemental recovery nutrition affects swim performance following glycogen depleting exercise.

**BUILD it.** | got **chocolate milk?**

# researchers tested 3 performance scenarios



**AMERICAN COLLEGE**  
**of SPORTS MEDICINE**  
LEADING THE WAY



INDIANA UNIVERSITY

Six division one collegiate swimmers performed a **muscle fuel (glycogen)-depleting swim** followed by five hours of recovery for three consecutive weeks

Following the recovery period, **3 swim performance test sets** were completed

**1**

aerobic  
(200  
yards)

**2**

anaerobic  
(75 yard  
sprint)

**3**

immediate  
(10 meters  
against  
resistance)

# and, 3 randomized beverages, immediately and 2 hours after swim

1

chocolate  
milk



2

commercial  
carbohydrate  
sports drink



3

calorie-free  
beverage

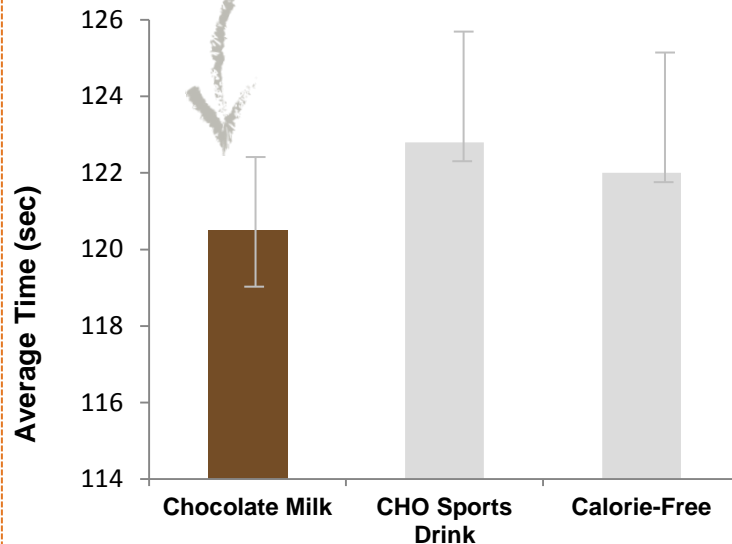


Significant differences in the next  
aerobic and anaerobic swims were  
found – indicating **better recovery**  
**after drinking chocolate milk**

↑  
matched for  
calories with  
chocolate milk

# significant differences, most notably in longest swim

2.1 seconds faster per 200 yard swim



*“From cyclists to runners to soccer players, there’s a strong body of research supporting the benefits of recovering with chocolate milk. Now, our research suggests these same benefits extend to swimmers – a sport that relies on quick recovery for multiple races within a single day.”*  
-- Dr. Joel Stager, lead researcher



# Dr. Joel Stager, Indiana University

**IRONMAN Triathlon** @IronmanTri

After a tough swim recovering w choc milk could help swimmers cut seconds off race time: [ow.ly/xonP1](http://ow.ly/xonP1) Follow @GotChocoMilk 4more

Retweets: 14 Favorites: 12

12:00 PM - 9 Jun 2014

**Swimmers Life** @\_swimmerslife

Chocolate milk for recovery? Yes please!!  
#swimming #triathlon #nutrition  
#gotmilk?  
[swimmingscience.net](http://swimmingscience.net)

**Measuremental** @MeBTough

Study shows #swimming times significantly faster when they recover with #chocolatemilk: [ow.ly/y47m6](http://ow.ly/y47m6) #triathlon

Retweeted by Got Chocolate Milk?™ and 1 other

**Chloe Sutton** @csutswim · Jun 2

Study from @IUBloomington finds swimmers could gain edge when recovering w lowfat chocolate milk [ow.ly/xonP1](http://ow.ly/xonP1) @GotChocoMilk #yum

Retweets: 23 Favorites: 31



# power and speed during the next workout

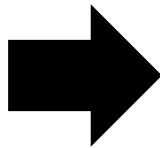


Chocolate milk

VS.



Carbohydrate sports drink



4 hours after the first bout of exercise, athletes who recovered with chocolate milk:

- Exercised **LONGER** and with **MORE POWER** during a second workout
- Cycled **51% LONGER**
- Had significantly **MORE POWER** and **RODE FASTER**, shaving about six minutes from their ride time
- Ran **23% LONGER** in a follow-up run
- Had **TWICE THE IMPROVEMENT** in V02max (measure of aerobic fitness)

Karp JR, et al. *Journal of Sport Nutrition and Exercise Metabolism*. 2006;16:78-91.  
Thomas K, et al. *Applied Physiology, Nutrition and Metabolism*. 2009;34:78-82.  
Ferguson-Stegall L, et al. *Journal of Strength and Conditioning Research*. 2011;25:1210-1224.  
Lunn WR, et al. *Medicine & Science in Sports & Exercise*. 2012;44:682-691  
Ferguson-Stegall L, et al. *Journal of nutrition and Metabolism*. 2011.

# a closer look at runners

***Recreational runners ran 23% longer in a follow-up run after drinking fat free chocolate milk compared to a typical sports drink.***

Male runners did 45-minute run at moderate pace (65% VO<sub>2</sub> max)

Drank fat-free chocolate milk or same number of calories in a carb-only beverage

- Post-exercise milk resulted in less muscle breakdown and more muscle synthesis
- Performed better in follow-up time trial

Lunn WR, et al. *Medicine & Science in Sports & Exercise*. 2012;44:682-691.





Lowfat chocolate milk contains the right three to one mix of carbs and protein scientifically shown to help refuel muscles. It helps restore muscles quickly to their peak potential and helps replenish what your body has lost – including fluids and critical nutrients lost in sweat.

## REFUEL AND REHYDRATE

# replacing muscle glycogen



The Right Mix  
of  
Carbohydrates  
and Protein

**3:1**

About one  
gram protein  
for every three  
or four grams  
carbs

# post-exercise muscle glycogen

Male runners did 45-minute run at moderate pace (65% VO<sub>2</sub> max)

Drank 350 calories of either fat-free chocolate milk or carb-only beverage

16 ounces of fat free chocolate milk after exercise led to **greater concentration of glycogen in muscles** at 30 and 60 minutes post-exercise, compared to a carb only sports drink with the same calories

# rehydration

## Milk

**helped maintain hydration**  
better than other popular post-exercise beverages

## Researchers believe

**milk's natural electrolyte content and energy density**  
may help restore and maintain hydration after exercise

# milk helps replace electrolytes lost in sweat

<b>Potassium</b>	Milk provide 360mg: <b>12% of the daily value</b>
<b>Magnesium</b>	Milk provides 27mg: <b>8% of the daily value</b>
<b>Calcium</b>	Milk provides 300mg: <b>30% of the daily value</b>
<b>Sodium</b>	Milk provides 150mg: <b>6% of the daily value</b>

8 ounce serving of lowfat milk; USDA USDA National Nutrient Database for Standard Reference, Release 26



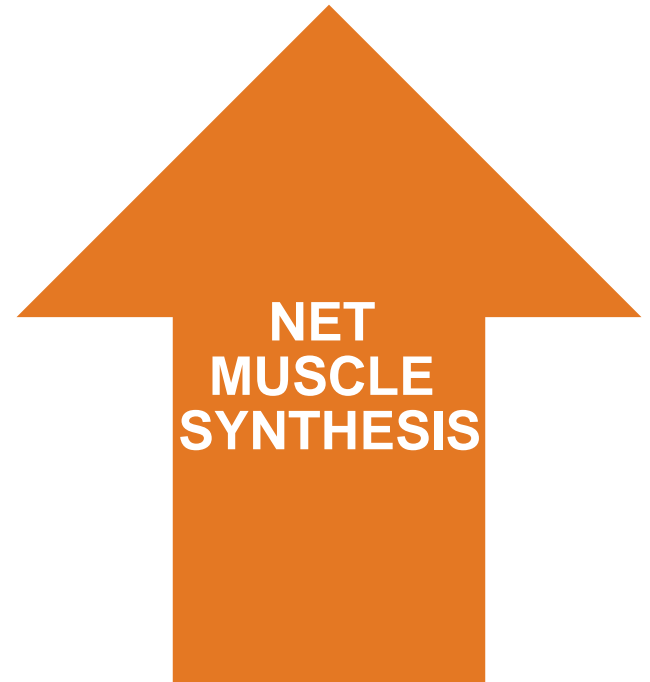
# REBUILD

Lowfat chocolate milk contains high-quality protein to help repair and rebuild muscles after strenuous exercise.



# a muscle building advantage

- In a study of moderately trained male runners those who drank fat free chocolate milk after exercise **had enhanced skeletal muscle protein synthesis** – a sign that muscles were able to repair and rebuild – compared to a fluid replacement drink with *just* carbohydrates.
- Athletic men and women who drank milk one hour after a “leg resistance exercise routine” **experienced a significant increase in two measured amino acids**



# reducing exercise-induced muscle damage

**Athletes who recovered immediately with plain or chocolate milk had less exercise-induced muscle damage** than those who drank water or sports drinks, according to several studies.

## EXERCISE-INDUCED MUSCLE DAMAGE

can lead to future impairments in muscle performance, which could affect future exercise bouts

Cockburn E, et al. *Applied Physiology, Nutrition and Metabolism*. 2008;33:775-783.

Cockburn E et al. *Applied Physiology, Nutrition and Metabolism*. 2010;35:270-277.

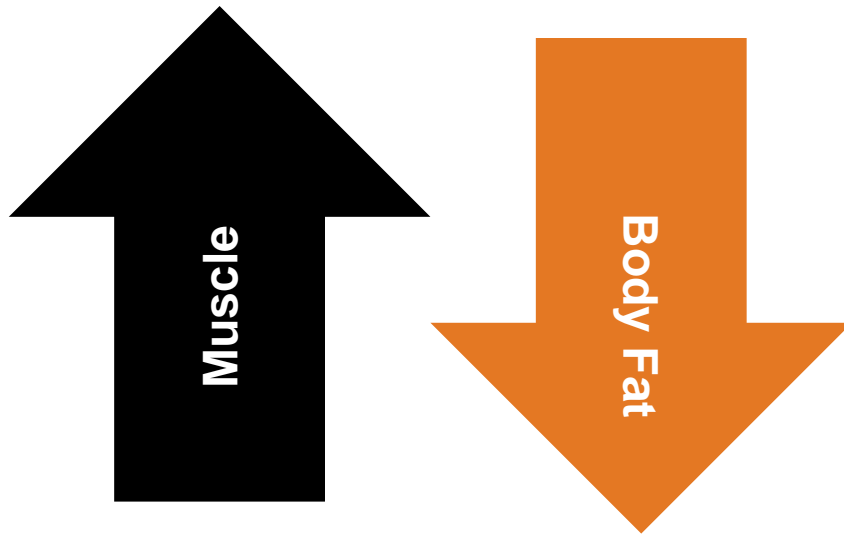


# RESHAPE

**Drinking chocolate milk  
post-workout could  
help athletes tone up  
and reshape their  
bodies, according to  
research.**

**BUILD it.** | got **chocolate** milk?

# improved body composition



Researchers suggest **MILK'S ADVANTAGE** may be due to **unique properties of milk proteins** that may cause differences in speed of digestion and absorption.

Including milk as a recovery beverage in an ongoing, regular recovery routine could have long-term benefits.

# two training studies found increased muscle, lower body fat

12 week training program

MEN

WOMEN

Soy beverage, carb-only beverage or fat free milk (same calories) after daily workouts

Milk drinkers gained more muscle and lost more fat at the end of the training program

*“milk is an effective drink to support favorable body composition changes in women with resistance training.”*

Hartman JW, et al. *American Journal of Clinical Nutrition*, 2007;86:373-381.  
Josse et al. *Medicine & Science in Sports & Exercise*. 2010;42:1122-1130.

# three pound lean muscle advantage

32 healthy but untrained cyclists who recovered with lowfat chocolate milk **gained more muscle** and **lost more fat** during training, with a 3 pound lean muscle advantage, compared to athletes who recovered with a carbohydrate drink.



McCleave EL et al. ACSM, 2011.

# read more about the research and references...

gotchocolatemilk.com

**BUILD it.** | got chocolate milk? Share: Search Got Chocolate Milk

**SCIENCE** | ATHLETES | TEAM | GALLERY | NEWS

## DISCOVER THE SCIENCE BEHIND REFUELING WITH LOWFAT CHOCOLATE MILK.

### Backed By Science

More than 20 studies support the benefits of recovering with the high-quality protein and nutrients in chocolate milk after a tough workout.

**LOWFAT CHOCOLATE MILK:**

- is a natural **source of high-quality** protein to build lean muscle.
- contains the **right mix of protein and carbs** scientifically shown to refuel exhausted muscles and help return to peak potential.
- provides **fluids and electrolytes** – like calcium, potassium, magnesium and sodium – to rehydrate and help replenish critical nutrients lost in sweat

[Discover the Science >>>](#)

### News

Stay informed on the latest BUILT WITH CHOCOLATE MILK news, blogs and event information.

### Athletes

Learn about Team CHOCOLATE MILK athletes and why chocolate milk is their go-to for recovery.

**SCIENCE OF CHOCOLATE MILK** Share:

Reshape Your Body

**Protein helps athletes**  
*build lean muscle.*

Perform Your Best

*Train like*

Get Tips From The Experts

CHOCOLATE MILK

Gain a Performance Edge

# BUILT WITH CHOCOLATE MILK athletes

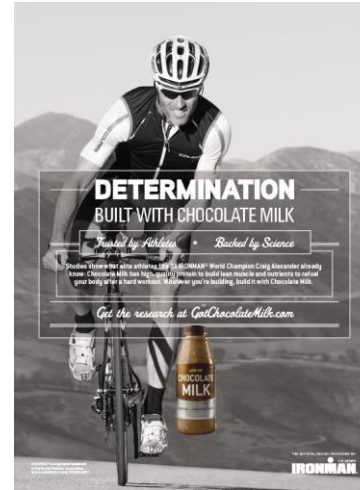
USA Hockey



Team USA Women's Ski Jumping Team



Craig Alexander



Apolo Ohno



Mirinda Carfrae



Luke McKenzie





# how you can get in the game

1. To learn more about the science behind the recovery benefits of lowfat chocolate milk and access exclusive training tips and videos, log on to [gotchocolatemilk.com](http://gotchocolatemilk.com).
2. Follow **BUILT WITH CHOCOLATE MILK**
  - Facebook.com/gotchocolatemilk
  - Twitter.com/GotChocoMilk
  - Instagram @gotchocolatemilk
  - YouTube/gotchocolatemilk
3. Talk to your local dairy about where your favorite chocolate milk is sold

# ARE YOU BUILT WITH CHOCOLATE MILK?

## Join Today!

If you're a passionate athlete that refuels with lowfat chocolate milk after a tough training session, race or competition, we want YOU to apply to become a sponsored athlete of Team CHOCOLATE MILK. You could win:

- \$500 sponsorship
- Free race entries to Rock 'n' Roll, IRONMAN, Iron Girl and Esprit de She race series
- Train training and race gear
- Training perks and team support throughout 2014

Applications are accepted from January 2, 2014 to September 26, 2014. The application includes:

- A short online application and a 60-second video that describes how your post-workout routine is Built With Chocolate Milk.

Get more info and apply to join today [GotChocolateMilk.com](http://GotChocolateMilk.com).



THANK YOU



**BUILD it.**

got **chocolate** milk?