

BRAIN BREAK

BREAK FOR TEN MINUTES TODAY TO EXERCISE YOUR BRAIN

Exercise your brain with this word search! Stressing your muscles, regardless of your go-to exercise method—creates microscopic tears. Those tears make you sore at first but ultimately help make you stronger by increasing muscle mass. The good news is you can get past the soreness with the right post-workout nutrition. Foods with the right nutrient profiles can help your muscles recover faster and even lessen next-day soreness. According to health.com these are the best nutrients TO EAT and AVOID after a workout. Can you guess the three to avoid?

Muscle Recovery Foods - What to Eat & Avoid

W A E C U S N T C I Y W T J V B K H A T T O L X U M T G W A
R S C I J S P S U N B H D E E Q G U B W P T S X E F V W W Q
G C U R B P K C K U L R X V D B P Y O Z G U H H A T Y V A T
H P R I K H I D J M E V W J A S J B R T F Z K X F H B L T R
I S P I N A C H A M Z C Q M T X H O D A O M B W Y X F X E A
V B S I M P L E S U G A R F O O D S K X T D R G E Z E Y R S
W E L I P G R C V S F J H G Z L M R F Q H H F K G X A W M P
G R G H R W R E B C D L Z I T T E Z G X T V L O G C G V E B
K V P G S X H E O F G R P E G Q Q O C T Q O C G S H P R L E
H J K P I X I F E T D B U M H H B M P T C J I G L I T Q O R
L C C H U E U M O N Z Y N V C X F L W T P P V L A A C O N R
Z E B H K Z S E E D T P R X D U G A U U T H D M S S T J J I
S A J D K Y M O S U T E N N G T E A T E L O A T M E A L U E
F S T S D Y K D N L I I A V Z L T V Z F B P B X H E J D I S
N Z X Z M U Y J C L A V M E Y D W R W F O E U B W D B H C J
O F G E B R B F B W Y J Y N X Y N J Z R X O R I S S A D E U
O H T D G I I V N M U V E V F T V U Z S P B D R P C C Z M A
B Q E A G J Y C C I O T C V C W R E U Y R J N S I F K T J U
J T U Q R O L G H W S H H S P Y M A R T B Y E F D E C X J G
W A T T X O J T C O B F F F P K O V C L M Q U G A Y S M R O
T I N L X L R J Q Z C A H V S H M L H T S G S L L Y U V L J
K E W P G B S O E D A O N D O S J J X F Q B B Y W Z W O O I
C X Q Z A V K S O L J R L A Q W R X W W B K M Z L Q K S G C
F O B I Q M H O A T K R E A N O I J Y B P A W G Q O U J V Y
O Z I L J C T F G V K P H J T A Q R D F T Q A F D Y J Q N N
A F S G X X W C A W F M G E W E S V I L Q G M B Y S N M E Z
S I J N G G D P V U Y B H S G Q M H E I R C A F O T L J Z W
N Z C R R P G K U W N E I K Z P S I R Y B E G E C V Q I X R
E G I V D Z B T K G L E C D I L J E L K L U Z H Z T D V C L
F E C H T T Y N D M N I O I V S P H Z K X F G C U S D I N G

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| simple sugar foods | green tea extract | watermelon juice | eggs |
| chocolate milk | high fat foods | blueberries | |
| veggies only | chia seeds | taro root | |
| spinach | bananas | oatmeal | |
| raspberries | | | |

