



PROTEIN, SUPPLEMENTS AND RECOVERY

Hello there Cobalt Members!

The coaches have been getting a lot of questions about protein and supplements lately, so I thought I'd take a few minutes and explain the basics...

Given the extremely intense way we train, our body needs help recovering. The easiest way to replace and help repair broken down muscle fibers is to eat lean and clean protein as part of a balanced diet. This isn't always so easy 5 minutes after a WOD. So most times, athletes will drink a protein shake. This speeds recovery and healing, while helping the body replace what it's lost during training.

There are a million brands of whey protein one can buy. I'll make this simple. Given the fact that your body will absorb what you ingest faster and more completely in the first 30 min after a work out than at any other time, this would be the time to make sure what you put in your body is of the best quality and includes everything it needs to recover, without chemicals, sugar, or already half-digested proteins.

Because of this, I will no longer be stocking Progenex. From what I can gather, you can get the same quality protein off the shelf at Vitamin Shoppe or GNC (Gold Standard Whey Protein) for 1/3 the price. Those of you that still love your Progenex, there is a link here that you can still purchase at a slight discount. It's not the worst thing in the world, and is better than most over the counter products you will find, so if you're a fan...do what makes you happy and continue to recover properly! We will be switching exclusively to SFH Recovery for now, as it is the most affordable, clean, quality product available at a half way decent price. We do have a paleo/vegan option for protein. PurePharma makes one that tests very good, and a few of our members have been taking it for a while now.

Supplements. There are so many out there, which ones do you need? Here's a quick explanation...

Fish Oil. You need a quality Fish Oil immediately. It's great for your heart health, and its number one function is to decrease inflammation. In case you didn't know, inflammation is the underlying cause of most disease. It is a necessary function of your body, but in most people it is completely rampant and causing more harm than good. Fish oil, taken over time, will reduce it. There are hundreds of fish oils on the market, but most are filled with the wrong kind of fish oil, and other useless ingredients. PurePharma has a high quality fish oil, which is why we carry it! I've seen members who have had prescription fish oil, that matches the ingredients in PurePharma's. Buy it from us, or don't. This isn't an advertisement, and any fish oil is better than none (in most cases). But you do want to get the best bang for your buck. You get what you pay for when it comes to these things.
L-Glutamine, Creatine, BCAA's, etc...etc....

OK, so this is where it gets a little nutty. L-Glutamine, Creatine, and BCAA's are all substances that help muscle repair. Creatine will help increase lean muscle mass and strength when taken over time. BCAA's (Branched Chain Amino Acids) are what proteins in the body, and eventually muscle fibers, are literally constructed of. L-Glutamine also helps with muscle recovery. Some form of these and other supplements will be found in most "recovery" protein formulas. I can't stress enough how much your bodies need some sort of protein based recovery after every work out. It will decrease soreness, improve recovery time and help build lean muscle. It's not going to make you "bulky" or sprout traps overnight. What it will do is make your crossfit workouts more effective while making your body more efficient. You'll feel better, and get the most of your hard-ass work.

In general, most "recovery" protein mixes won't come with creatine in them. If you are looking to build lean muscle mass and strength in addition to your recovery, we will be stocking "SFH Strong" which provides creatine and is meant to be added to your recovery drink each day. (This should not to be taken independently.)

That's about all I can think of. In short, you need a recovery drink. It should be of the highest quality you can afford to put in your body. You need fish oil. It should also be of the highest quality you can afford to put in your body. Try it for 2 weeks. You will see a major difference in your training, and energy levels.

As always, feel free to ask any coach about this stuff. If you have some of these products at home and are not sure if they are good for you, bring them in, and I can "test" you with them to find out.

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