

Name: _____

Recovery Unit

1. What does a sports drink provide you with? A. Cool Down
2. What is the best thing to drink during a workout? B. Less than four
3. What should be a main priority before and during a workout? C. Daily
4. Which is more effective supplements or chocolate milk? D. Sleep
5. What does chocolate milk help promote after a workout? E. Nutrients
6. What helps you recover faster and avoid injury? F. Sugar
7. What does chocolate milk offer for athletes? G. Seven - Nine
8. What helps build your body back up after a long day? H. Chocolate Milk
9. How often should you do foam rolling? I. Recovery
10. How many hours of sleep should the average person achieve? J. Cooldown
11. What is one of the main parts to a cool down? K. Lower
12. What are the specific knots that form in muscles called? L. Trigger Points
13. Does a higher or lower intensity help you cool down? M. Water
14. When in warm conditions, will rehydration allow you to stay warm or cool down? N. Stretching
15. How many hours of sleep is is considered unhealthy? O. Rehydration