

Module 10, Lesson 6 Quiz:
Nutrition Post Training

1. The best time to restore your muscle glycogen and repair your muscle fibers with a post-workout snack is:
 - a. 15 - 30 minutes
 - b. 30 - 45 minutes
 - c. 45 - 60 minutes
 - d. 60 - 75 minutes

2. Which is the best snack to have your client toss in her gym bag to have as a post-workout meal?
 - a. Fruit leather and a baggie of grapes
 - b. Half of a ham sandwich
 - c. Dried apricots and nuts
 - d. Hummus and Jerkey

3. What should serious athletes consider adding to their post-workout snacks to reduce inflammation and improve recovery?
 - a. Antioxidant-rich foods
 - b. Omega-3 fatty acids
 - c. Fiber-rich foods
 - d. Dairy foods