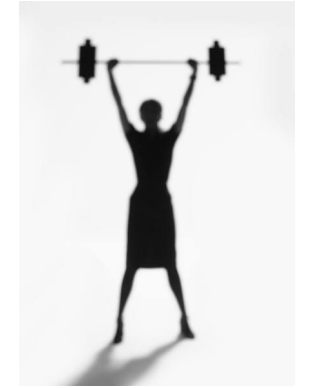




## *Athlete's Corner*



Want to run that extra mile, swim another lap, or lift those extra pounds in the gym?

With the help of these fruits, you are one step closer to your goal.



### **For those runners, consume a banana before your race.**

- A banana provides 30 grams of carbohydrates (your body's fuel source), 1 gram of protein, and zero fat.
- Potassium in bananas, which is lost in sweat during running, is essential for maintaining proper fluid balance, nerve impulse function, muscle function, and cardiac (heart) function.
- Bananas are soft and light and do not cause stomach cramps.

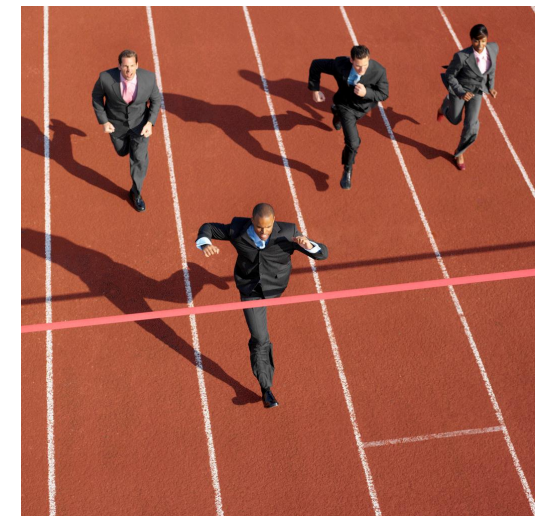
### **If your taste buds say, "stay away from the banana," go for an orange.**

- Oranges are packed with Vitamin C.
  - Vitamin C is essential in the production of collagen, the "cement" that keeps tissues together.
  - Without Vitamin C, sports injuries would take longer to heal.
  - Vitamin C reduces muscle damage.
  - Vitamin C is an active ingredient in the metabolism of various brain chemicals and hormones, which have a powerful effect on pulse rate and blood pressure.
  - Vitamin C has been proven to boost recovery after tough workouts.



### **Can't find any oranges in the pantry, aim for the apple.**

- Apples are packed with potassium and vitamin B6.
  - Vitamin B6 helps maintain blood sugar levels.



**All of these fruits keep your body functioning at an optimal level.**