

# The Red Recovery Routine



Cherries

**Diet can play a key role in managing post-exercise pain.** Sports dietitian Leslie Bonci, M.P.H., R.D., LDN, CSSD created the Red Recovery Routine to help athletes manage and minimize their pain – no matter what your fitness level. A growing body of science suggests that red foods, from cherries to red grapes to raspberries, contain powerful anti-inflammatory benefits. But what’s unique about cherries is that they contain specific anthocyanins 1 and 2 that have been shown to relieve the pain associated with inflammation, which can have a significant impact on relieving muscle and joint soreness more quickly and effectively.

A recent study by Oregon Health and Sciences University revealed that runners who drank cherry juice twice a day for seven days prior to and on the day of a long-distance relay had significantly less muscle pain following the race. Cherries are available year-round as dried and frozen cherries and cherry juice, and are a convenient, portable option to support any training routine.



## Meet Leslie



### Leslie Bonci, M.P.H., R.D., LDN, CSSD

A nationally-recognized sports dietitian, Leslie Bonci is the Director of Sports Nutrition in the Department of Orthopedic Surgery and the Center for Sports Medicine at the University of Pittsburgh Medical Center. Bonci is a board certified specialist in Sports Nutrition and consults with the WNBA and NCAA. Bonci has also contributed to the ADA sports nutrition manual and is a veteran textbook author.

Calculate Your Sweat Rate

**1** Weigh yourself before and after exercise (in ounces) 16 ounces = 1 pound

**+2** Number of ounces of liquid you consume during exercise

**+3** Number of hours you exercise

**=** Hourly sweat rate so you know how much Fluid (ounces) to drink every hour

	Pre-Workout	During Exercise	Post-Exercise
<b>Step 1: Reduce Inflammation</b> Manage inflammation with natural anti-inflammatory foods	Drink a 10 oz. glass of tart cherry juice, or a cherry juice blend	If exercising in excess of an hour, replace your electrolytes with carbohydrate-based liquids and foods, like sports drinks, gels, honey and sugar cubes	Reduce pain and inflammation with antioxidant-rich cherries. Try a cherry fruit smoothie
<b>Step 2: Stay Hydrated</b> See: Calculate Your Sweat Rate	Start your workout hydrated with at least 20 oz. of water Salty sweaters – add a ¼ tsp of salt to your pre-exercise beverage	Stay hydrated by drinking at least 14 oz. each hour you're active	Replace the fluids you lost by drinking 24 oz. for every pound lost
<b>Step 3: Fuel With Proper Foods</b> Nourish your body	Choose small carbohydrate-based meals, like oatmeal topped with dried cherries or a dried fruit power bar	If exercising in excess of an hour, replace your electrolytes with carbohydrate-based foods or beverages	Restore and refuel with a good mix of protein and carbohydrates such as a trail mix of almonds, walnuts and dried cherries



“My training routine is Powered by Red. I have definitely seen a reduction in muscle soreness since I’ve added cherries to my training table. And it’s easy to do since they taste great and are available year-round.” **Bryan Clay, World’s Greatest Athlete**



“I’m always looking for natural solutions to pain management. I drink a glass of 100% cherry juice every morning and I know I’ll feel good post-run.” **Sarah Stanley, Ultra-marathoner**

## ➤ 10 Powerful Red Combinations for Pain Management

Tart cherries are available as dried, frozen and juice, so they are extremely versatile and always available, making them the ideal power food to bring with you anytime, anywhere, for any exercise occasion.

- Dried cherries make a good grab-and-go snack
- Try the *Power Berry Trail Mix Energy Cookie* with dried cherries, flaxseed, oats and almonds
- Add dried cherries to a bowl of whole grain oatmeal for a breakfast boost
- Create a quick yogurt parfait with vanilla yogurt, granola and dried cherries, like the *RedEye Breakfast Parfait*
- Enjoy a *Cherry Oatmeal Muffin* for a breakfast or afternoon snack
- Add dried cherries to a fresh spinach salad with walnuts for a light post-exercise meal
- Stir up whole grain couscous with grilled chicken, dried cherries and a splash of cherry juice for added flavor
- Rehydrate and refresh with the *Red Alert*, a mix of cherry juice and coconut water, a natural isotonic known for its hydration benefits
- Recharge with the *Red Recharger Smoothie*, a triple hit of cherries, antioxidants, and protein
- Pack a powerful gym bag with a single-serve bottle of 100% cherry juice or a cherry juice blend

## ➤ Cherries. A Nutrition Powerhouse

Cherries’ powerful package of antioxidants and phytonutrients delivers:

**Anthocyanins** – Unique antioxidants that are responsible for cherries’ deep red color...and for the fruit’s anti-inflammatory benefits. Researchers suggest cherries may work like common pain medications used by athletes to reduce post-exercise muscle soreness.

**Melatonin** – A potent antioxidant that may help improve the body’s natural sleep patterns. Health and wellness experts agree that how long and how well you sleep may impact overall quality of your training.

**Other antioxidants** – Cherries contain at least 17 antioxidants, including powerful antioxidants gallic acid, p-coumaric acid, kaempferol and quercetin, an antioxidant that may help boost immunity...keeping your training schedule on track.

**Essential nutrients** – Cherries are a good source of vitamin A (beta carotene) and also contain fiber.

