

# REPS & SETS

## FITNESS



**Focus:** *Potassium for recovery*

Sleep is the cheapest, most underrated aid for recovery.

Next, is potassium. Potassium is a vital mineral for recovery, and provides plenty of electrolytes.

It also helps maintain normal blood pressure, transports nutrients into your cells, and supports healthy nerve and muscle function.

**Focus:** *Potassium for recovery*

Take a peek at the list of other foods that actually have more potassium than a banana! These food options will leave you feeling good and well recovered!

## **Focus:** *Potassium for recovery*

- Black & white beans
- Beets
- Tomato paste
- Pomegranate
- Butternut squash
- Avacados
- Sweet & regular potatoes
- Spinach
- Watermelon
- Coconut water