

WELCOME TO OUR

BLOG

we're so glad you're here!

FUELING YOUR BODY RIGHT: POST WORKOUT



At JMB Fitness, we understand that achieving your fitness goals is a holistic journey that requires a blend of the right exercise regimen, mental fortitude, and proper nutrition. Whether you're a seasoned athlete, a fitness enthusiast, or just starting your fitness journey, the post-workout phase is crucial for recovery and growth. One of the most effective ways to maximize this period is by incorporating our JMB Fit Whey or Plant Protein Shake into your routine.



The Role of Protein in Post-Workout Recovery.

AFTER AN INTENSE WORKOUT, YOUR MUSCLES ARE IN A STATE OF REPAIR AND REBUILDING. THIS IS WHERE PROTEIN COMES INTO PLAY. PROTEIN IS COMPOSED OF AMINO ACIDS, WHICH ARE THE BUILDING BLOCKS OF MUSCLE TISSUE. CONSUMING A HIGH-QUALITY PROTEIN SHAKE POST-WORKOUT HELPS IN SEVERAL WAYS:

- **MUSCLE REPAIR AND GROWTH:** WHEN YOU EXERCISE, ESPECIALLY DURING RESISTANCE OR STRENGTH TRAINING, YOU CREATE SMALL TEARS IN YOUR MUSCLE FIBERS. PROTEIN PROVIDES THE NECESSARY AMINO ACIDS TO REPAIR THESE TEARS AND BUILD STRONGER MUSCLES.
- **ENHANCED RECOVERY:** PROTEIN SHAKES HELP REDUCE MUSCLE SORENESS AND SPEED UP RECOVERY TIME. THIS MEANS YOU CAN GET BACK TO YOUR WORKOUTS MORE QUICKLY AND CONSISTENTLY.
- **NUTRIENT TIMING:** CONSUMING PROTEIN SHORTLY AFTER YOUR WORKOUT ENSURES THAT YOUR MUSCLES RECEIVE THE NUTRIENTS THEY NEED AT THE OPTIMAL TIME. THIS WINDOW, OFTEN REFERRED TO AS THE "ANABOLIC WINDOW," IS CRUCIAL FOR MAXIMIZING MUSCLE REPAIR AND GROWTH.
- **IMPROVED PERFORMANCE:** REGULARLY CONSUMING PROTEIN POST-WORKOUT CAN IMPROVE YOUR OVERALL ATHLETIC PERFORMANCE. IT ENSURES THAT YOUR MUSCLES ARE ADEQUATELY FUELED AND READY FOR THE NEXT SESSION.

JMB Fit Whey Protein: A Superior Choice

FOR THOSE WHO ARE NOT VEGAN, OUR JMB FIT WHEY PROTEIN IS AN EXCELLENT CHOICE.

HERE'S WHY:

- **HIGH-QUALITY WHEY:** OUR WHEY PROTEIN IS DERIVED FROM HIGH-QUALITY SOURCES, ENSURING YOU GET THE BEST POSSIBLE NUTRIENTS.
- **FAST ABSORPTION:** WHEY PROTEIN IS KNOWN FOR ITS QUICK ABSORPTION RATE, MAKING IT PERFECT FOR POST-WORKOUT CONSUMPTION.
- **COMPLETE PROTEIN SOURCE:** WHEY PROTEIN CONTAINS ALL NINE ESSENTIAL AMINO ACIDS, MAKING IT A COMPLETE PROTEIN SOURCE FOR OPTIMAL MUSCLE RECOVERY AND GROWTH.
- **DELICIOUS FLAVORS:** WE OFFER A RANGE OF DELICIOUS FLAVORS TO MAKE YOUR POST-WORKOUT ROUTINE ENJOYABLE.



JMB Fit Plant Protein: Perfect for Our Vegan Members

FOR OUR VEGAN MEMBERS, OUR JMB FIT PLANT PROTEIN IS CRAFTED TO MEET YOUR DIETARY NEEDS WITHOUT COMPROMISING ON QUALITY:

- **PLANT-BASED POWER:** MADE FROM HIGH-QUALITY PLANT-BASED SOURCES SUCH AS PEAS, BROWN RICE, AND HEMP, OUR PLANT PROTEIN OFFERS A ROBUST AMINO ACID PROFILE.
- **ALLERGEN-FREE:** OUR PLANT PROTEIN IS FREE FROM COMMON ALLERGENS LIKE DAIRY, SOY, AND GLUTEN, MAKING IT SUITABLE FOR THOSE WITH SENSITIVITIES.
- **SUSTAINABLE CHOICE:** CHOOSING PLANT-BASED PROTEIN IS NOT ONLY GOOD FOR YOUR BODY BUT ALSO FOR THE ENVIRONMENT. IT SUPPORTS SUSTAINABLE AGRICULTURAL PRACTICES.
- **GREAT TASTE:** OUR PLANT PROTEIN COMES IN A VARIETY OF FLAVORS THAT ARE BOTH NUTRITIOUS AND DELICIOUS.



Commitment to Quality and Safety

AT JMB FITNESS, WE PRIORITIZE YOUR HEALTH AND SAFETY. ALL OUR SUPPLEMENTS, INCLUDING OUR PROTEIN SHAKES, ARE:

- FDA REGULATED: OUR PRODUCTS COMPLY WITH THE STRICT GUIDELINES SET BY THE FDA, ENSURING THEIR SAFETY AND EFFICACY.**
- THIRD-PARTY TESTED: WE CONDUCT RIGOROUS THIRD-PARTY TESTING TO VERIFY THE PURITY AND POTENCY OF OUR SUPPLEMENTS, GIVING YOU PEACE OF MIND ABOUT WHAT YOU'RE CONSUMING.**
- MADE IN AMERICA: OUR SUPPLEMENTS ARE PROUDLY MADE IN AMERICA, SUPPORTING LOCAL INDUSTRIES AND MAINTAINING HIGH STANDARDS OF QUALITY CONTROL.**

Delicious and Clean Protein Shake Recipes

To make your post-workout routine even more enjoyable, here are two clean and delicious recipes using our JMB Fit Protein Shakes:

Chocolate Protein Shake

Ingredients:

- 1 scoop JMB Fit Whey or Plant Chocolate Protein
- 1 scoop JMB SuperGreens (Optional, Elevate Nutrition)
- 1 cup unsweetened almond milk (or any milk of your choice)
- 1 tablespoon PB2 (Powered Peanut Butter)
- 1/2 frozen banana
- 6 Ice cubes

Or

Vanilla Protein Shake

Ingredients:

- 1 scoop JMB Fit Whey or Plant Vanilla Protein
- 1 scoop JMB SuperGreens (Optional, Elevate Nutrition)
- 1 cup unsweetened almond milk (or any milk of your choice)
- 1/2 cup frozen mixed berries
- 1 teaspoon chia seeds
- 6 Ice cubes

Instructions:

1. Add all ingredients to a blender.
2. Blend 45-60 Seconds.
3. Pour into a glass and enjoy immediately 😊

Why Choose JMB Fit Protein Shakes?

At JMB Fitness, we are committed to providing solutions that empower you to achieve your best self. Our protein shakes are formulated with the highest quality ingredients to support your fitness journey.

Here's what sets us apart:

Community-Driven:

We are more than just a fitness center; we are a community. Your goals are our goals, and we are here to support you every step of the way.

Empowerment:

Our products are designed to empower you to push your limits and reach new heights in your fitness journey.

Only Solutions:

We believe in providing only the best solutions to help you optimize your mind, body, and quality of life.

How to Order

READY TO TAKE YOUR POST-WORKOUT RECOVERY TO THE NEXT LEVEL? YOU CAN ORDER OUR JMB FIT WHEY OR PLANT PROTEIN SHAKE DIRECTLY FROM OUR ONLINE STORE.

JOIN US AT JMB FITNESS AS WE WORK TOGETHER TO UNLEASH YOUR PERSONAL GREATNESS. WHETHER YOU'RE LOOKING TO BUILD MUSCLE, RECOVER FASTER, OR SIMPLY ENHANCE YOUR OVERALL WELLNESS, OUR PROTEIN SHAKES ARE HERE TO SUPPORT YOUR JOURNEY. REMEMBER, TRUE STRENGTH COMES FROM WITHIN, AND WE ARE HERE TO HELP YOU HARNESS IT.

FOR MORE PERSONALIZED ADVICE OR TO LEARN ABOUT OUR CUSTOMIZED PROGRAMS, VISIT US AT 150 N. MAIN STREET, FAIRPORT, NY 14450, OR CONTACT US AT 585-440-7782 OR JMBFITNESS@JMBFITNESS.COM.

LET'S FUEL YOUR BODY THE RIGHT WAY AND ACHIEVE GREATNESS TOGETHER!

ORDER HERE

Health, Peace & Happiness,
Joshua Bankes



WWW.JMBFITNESS.COM