



## May is National Runner's Month

**RISE:** ARE YOU AN AVID RUNNER OR PREPPING FOR YOUR FIRST FIVE-K? I'M RISE JILL MILLER.

MAY IS NATIONAL RUNNER'S MONTH. BEFORE YOU CROSS THAT FINISH LINE, HOW YOU FUEL THE BODY CAN PLAY A KEY ROLE IN MANAGING MUSCLE PAIN AND SORENESS. AND STUDIES SHOW THE ANTI-INFLAMMATORY PROFILE OF RED TARTCHERRIES MAY BE THE KEY TO HELP NATURALLY MAXIMIZE RECOVERY.

REGISTERED DIETITIAN AND "*RUN YOUR BUTT OFF*" AUTHOR LESLIE BONCI:

**BONCI:** RUNNERS CAN PROTECT MUSCLES AND JOINTS EVEN BEFORE THEY LACE UP THEIR SHOES – IT STARTS WITH THE PROPER DIET. EATING ANTIOXIDANT-RICH FOODS, LIKE CHERRIES, MAY HELP REDUCE MUSCLE SORENESS POST-WORKOUT.

IT'S ALSO IMPORTANT TO STAY PROPERLY HYDRATED BEFORE, DURING AND AFTER YOUR RUN. HELP THE BODY RECOVER WITH A MIX OF CARBS AND PROTEIN. THINK OF YOUR TRAINING DIET AS POWERED BY RED -- TRY A MIX OF DRIED CHERRIES AND NUTS OR A RED RECHARGER SMOOTHIE, MADE WITH TART CHERRY JUICE AND LOWFAT YOGURT.

**RISE:** TO HELP RUNNERS TRAIN TO MANAGE PAIN, BONCI AND THE CHERRY MARKETING INSTITUTE DEVELOPED THE RED RECOVERY ROUTINE. FIND IT AT CHOOSE CHERRIES DOT COM.

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