

RISE: NO LONGER JUST A FAVORITE CHILDHOOD DRINK, LOW FAT CHOCOLATE MILK IS BEING TOUTED BY SERIOUS ATHLETES WHO KNOW IT HAS WHAT THEY NEED TO REFUEL AFTER A TOUGH WORKOUT AND HELPS GET THEM READY FOR THE NEXT CHALLENGE. IT'S SIMPLE, EFFECTIVE AND SCIENTIFICALLY SHOWN TO HELP THE BODY RECOVER. I'M RISE JILL MILLER.

LOWFAT CHOCOLATE MILK HAS THE RIGHT CARB TO PROTEIN RATIO SHOWN TO HELP REFUEL MUSCLES, FLUIDS AND ELECTROLYTES TO REHYDRATE AND REPLENISH WHAT'S LOST IN SWEAT, AND IS A NATURAL SOURCE OF HIGH QUALITY PROTEIN TO HELP BUILD AND REPAIR MUSCLES.

TWELVE-TIME OLYMPIC MEDALIST SWIMMER DARA TORRES:

DARA: I LIKE TO DRINK CHOCOLATE MILK AFTER I EXERCISE BECAUSE IT HAS VITAMIN D, PROTEIN, CARBOHYDRATES, IT HELPS REPLENISH MY MUSCLES, BUT MOST OF ALL IT TASTES FANTASTIC.

RISE: LEADING UP TO LONDON, DARA AND OTHER MEDAL HOPEFULS ARE GIVING AN INSIDE LOOK AT THEIR TRAINING AND AFTER-WORKOUT RITUALS. LEARN MORE, READ ABOUT THE SCIENCE OF RECOVERING WITH CHOCOLATE MILK AND FIND OUT HOW YOU CAN GET SPONSORED AT GOT CHOCOLATE MILK DOT COM.