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News

New Survey Reveals Eight in 10 Fitness Enthusiasts Are Not Doing Enough to Aid Recovery After Exercise

Survey results show more education is needed on post-workout nutrition to change habits and help individuals optimize exercise results.

ABBOTT PARK, Ill., Feb. 12, 2013 ([NYSE: ABT](#)) – A national survey of fitness enthusiasts who exercise three or more times a week show a strong dedication to reaching fitness goals; however the vast majority – 82 percent-- admitted to falling short when it comes to post-workout nutrition habits.

The results of the survey from Abbott's [EAS[®] Sports Nutrition](#) uncover a gap between Americans' knowledge surrounding post-workout nutrition and their desire to improve their fitness routines and results.

Exercise and nutrition work in tandem. Evidence shows that obtaining proper nutrition at the right time is critical in maximizing the benefits of training regimens, including performance and improving lean muscle tone and reducing body fat.

Yet, many fitness enthusiasts view post-workout nutrition as negatively impacting desired results.

- 36% don't want to consume calories after a workout
- 53% believe that eating protein after a workout will build undesired muscle
- 50% believe consuming carbohydrates post workout could yield less optimal results

Other findings from the survey:

- Nearly 1 out of 2 indicated that muscle fatigue and overall body soreness prevents them from exercising more frequently
- Almost all respondents (98 percent) said they were looking to improve how

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they felt post-workout in some way, including wanting more energy (42 percent), and less muscle soreness and fatigue (52 percent)

- While 72 percent of fitness enthusiasts know that post-workout nutrition helps restore energy, only one in three recognized that it also helps to decrease muscle breakdown (32 percent)

The Exercise Paradox – Improve Recovery with Nutrition

Endurance and strength training can put muscles in a state of breakdown; muscles are damaged and energy stores are depleted. When fitness enthusiasts don't consume important nutrients in the right ratios at the right time, they can deplete their bodies, experience muscle fatigue and breakdown as well as compromise their ability to perform.

Nutrition Misconceptions

"There are many misconceptions about how to optimize workout results, especially when it comes to post-workout nutrition," said [Amanda Carlson-Phillips](#), MS, RD, CCSD, vice president of Nutrition and Research for [Athletes' Performance](#) and [EAS Academy](#) board member and advisor.

"It comes down to reframing the way we think about nutrition and understanding that how you fuel your body after working out is as essential as exercise itself."

According to Carlson-Phillips, sports nutrition products that contain appropriate amounts of carbohydrate to protein for the physical activity provides the optimal nutrition balance that bodies need post-workout for recovery and improved body composition.

"Many individuals believe that consuming calories, especially carbohydrates, after a workout are a bad thing," said Carlson-Phillips. "In actuality, your body needs calories – especially carbohydrate and protein – to restore energy, build strength and improve lean body mass post workout."

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About the Survey

The comprehensive survey was conducted from August 20-24, 2012 by Market Probe International among a nationally representative online sample of 1,000 "Fitness Enthusiasts". For the purposes of this study, a "Fitness Enthusiast" is defined as a person who exercises three or more times per week for 30 minutes of medium to high intensity activity (4+ on a 10-point scale). The margin of error of +/- 5%.

About the EAS Brand

Abbott, a global health care company and the maker of EAS products, has more than 85 years of innovation in leading-edge nutritional science. Whether you are an elite athlete, fitness enthusiast or weekend warrior, the EAS brand develops performance nutrition products that can help you play hard and recover strong. A brand you can trust, our scientists, researchers and all-around fitness enthusiasts take pride in making products that are impactful, clean and safe – so you can keep pushing yourself to the next level. Visit www.eas.com or www.facebook.com/easbrand.

About Abbott Nutrition

For more than 85 years, Abbott Nutrition has been developing and marketing science-based nutritional products to support the growth, health and wellness of people of all ages. Internationally recognized brands include the Similac[®] brand of infant formulas; the Gain[®] brand of growing-up milks; the PediaSure[®] line of nutritionals for children; and the Ensure[®] brand of complete and balanced nutrition for adults.

The company is a leader in nutritional products clinically shown to address the distinct dietary needs of people with serious health conditions or special nutrient requirements, such as the Glucerna[®] brand of nutrition shakes and bars for people with diabetes.

Abbott Nutrition also offers EAS[®] specialized products to meet the unique nutritional needs of athletes, as well as ZonePerfect[®] all-natural nutrition bars for

busy, active lifestyles. More information about Abbott Nutrition's products is available at www.AbbottNutrition.com.

About Abbott

Abbott is a global healthcare company devoted to improving life through the development of products and technologies that span the breadth of healthcare. With a portfolio of leading, science-based offerings in diagnostics, medical devices, nutritionals and branded generic pharmaceuticals, Abbott serves people in more than 150 countries and employs approximately 70,000 people.

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