



NURTURE YOURSELF WITH NUTRIENTS

Summer is the perfect time to add long walks to your daily routine or to finally try that outdoor yoga class. Even if you're just spending more time in the garden, increasing your activity can impact your energy and nutrient needs.

Stave Off Soreness

Exercise is great for boosting strength, but muscles that aren't used to exertion can get sore. If you're becoming more active, double-check that you're getting enough protein to support muscle recovery and repair.

Research suggests many Americans aren't—especially in the morning. Why protein packs all nine of the essential amino acids you need. For a healthy breakfast full of muscle-nourishing nutrients, add a scoop of whey powder to a fruit and yogurt smoothie or try a ready-to-drink whey shake.

Rejuvenate Your Joints

Your joints are key to every move your body makes. The more resilient they are, the more you can do.

Maintaining a healthy weight is one way to support healthy joints as you age. Eating four to six meals of fatty fish like salmon and tuna per week can also help support joint health. Don't eat that much fish?

A daily fish oil supplement with 500-1,000 milligrams of DHA and EPA can help you hit your target.



GNC Triple Strength Fish Oil

GNC Total Lean[®] Lean Shake™ 25

GNC TriFlex™

IN THE SPOT LIGHT

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