

# 2017010805 - New best Jordans for sale Release date

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first memorize this set of formulas night run ten miles, fifty miles, one hundred miles, BAXI vanilla, cocoa brownie, chicken salad Mashed Potato, Tossed Mung Clear Noodles in Sauce, Chili oil grilled fish, mango glutinous rice bag, sweet and sour fried pork, ancient chicken rice, black pepper beef tablets, downstairs Kentucky Fried Chicken, Street grilled corn, papaya stew Sydney, all away, far away!!! in the above menu to eat, it is not running, but an appetite. Exactly what to eat before and after running? before running the diet < p > in running after 30 minutes, should eat more alkaline food, if the sweat, loss of vitamin C, K, B1, calcium, potassium, magnesium, and so on. Therefore, it is recommended after finished a sweaty exercise, eat a banana and a cup of milk, bananas are sweat after the best supplement, milk is alkaline food, can relieve the fatigue after exercise. night after the best not to eat too much fruit, because at night to eat too much fruit and protein will make people wake up the next day. If you are afraid of fat, there is no sweat, you can change the banana into other sugar not more than one, such as apple, mango, peach, plum, kiwi fruit. do eat watermelon, sugar, more calories, and tens of millions of! < p > a large amount of exercise, avoid fatty food, because the body of sugar, fat and protein in the movement is a large number of decomposition, to produce lactic acid, phosphoric acid. These acidic substances stimulate the body's tissues and organs, so that people feel the muscles, joints and mental fatigue. at this time if the simple consumption of meat, eggs, fish, fish, etc., will make the body fluids more acidic, is not conducive to the lifting of fatigue. And vegetables and fruits of this type of alkaline food, can prevent the development of the blood to the acidic, helps the recovery after exercise. according to the different amount of exercise, diet with also pay attention to 30-60 minutes: choose the low intensity of the words, such as brisk walking, jogging and the like, do not need additional food supplement. The normal intake of three meals a day, if the movement for 1-2 hours can consider adding a meal, choose a fruit and a small bowl of oatmeal, or 2 slices of whole wheat toast. If it is strength training, add a cup of yogurt or a box of milk before exercise, to provide sufficient protein for muscle growth. 1-3 hours: < p > before exercise don't worry collapses and eating a lot, right is during the movement of sports drinks containing sugar, or fruit juice. In order not to affect the slimming effect >

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