WHY do tennis players drink milk?

BECAUSE ... MILK

- Has most of the nutrients we need every day
- Is loaded with protein
- Is a very rich source of vitamins
- Keeps our bones **strong** with lots of calcium
- Is 88% water and keeps us hydrated
- Can be consumed in yogurt and cheese
- Replaces fluids lost during exercise
- Helps muscles recover after exercise
- **Tastes really good ice cold**!

MILK POETRY?

Drink three glasses of milk every day.
Drink a glass of **chocolate milk** after you play.
For FUN put milk in a shake.
Drink milk and your bones won't break! 😊

Want to be a great tennis player?
Eat like a great tennis player!

Drink milk every day! Start your day with a big glass of low-fat or skim milk and a banana. Jazz up your milk with chocolate flavoring – but not too much! Drink a big glass of chocolate milk right after you play. It's good for your muscles and bones! Drinking liquids is very important to tennis players. They drink lots of liquids every day, especially in really hot weather. Drink water before, during and after you play. Have plenty of water and bananas nearby on-court.

UVa Men's Star Player Goes Bananas for QuickStart!

Alex believes in drinking lots of fluids before and after he practices or plays a match. Milk is great for a **BIG** and **STRONG** athlete like Alex, who started playing tennis at age four. Want to be strong and tall like Alex? Drink milk like Alex does!

Go Bananas for QuickStart!

Bag Check On the court Alex has bananas, whole-grain cereal bars and plenty of water. Alex starts his day with oatmeal and milk or a bagel. His favorite lunch is a ham and cheese sandwich. For dinner he likes spaghetti and meatballs. For special occasions, Alex likes barbequed baby back ribs.

Alex Domijan
- **#1 Freshman in 2010 and 6'7$^{1/2}$" tall**
- **2010 ITA All-American Singles Champion**
- **2010 ITA Atlantic Doubles Champion with Jarmere Jenkins**