



## Got Milk?

**Hello my Sweaty friends,**

The sun is shining bright, so it's time to show off those rock-hard guns that the non-SweatCommunity call arms.

Sweat City tank tops are in! Oh my goodness they look awesome. They are American Apparel brand and tri-blend material (the best!). Available in gray and blue. We will be selling them for \$25, but will give it for \$20 to anyone who reserves one by replying to this email before September. They look amazing and you can see a pic of them at the bottom of our [SweatCommunity Page](#).

Speaking of looking amazing, let's talk something that will do your body good... MILK!

Milk is a very important part of our diet. As babies, we rely on it for survival. So why do we start drinking less and less of it as we get older? Some people drink less because they fear it will add too much fat to their diet. Other people just think that they no longer need it. Even Arnold Schwarzenegger was quoted as saying, "milk is for babies, I drink beer."

Well Mr. Governator, you could have been healthier and dare I say, more jacked, if you had channeled your inner baby and drank more milk. Milk is a great source of vitamins and nutrients, and has several very key health benefits. I personally drink 2 gallons of milk a week (low-fat to keep from too much added weight though).

So here's a few benefits to increasing your milk intake other than looking super sexy in your brand new Sweat City tanktop:

### **Healthy Bones and Teeth**

Milk is a terrific source of calcium, which is essential for healthy bones and teeth. Children need it when their bones are growing, and adults need it to keep bones strong and prevent osteoporosis. Milk also helps prevent tooth decay and cavities.

### **Muscles**

Milk contains high levels of protein (10g per cup!). More importantly, it contains a type of protein called casein, which is a slow-digesting protein that is perfect for fueling your muscles over a longer period of time, as opposed to whey protein which is fast absorbing. Milk is perfect in the morning to fuel your muscles all day long, but it's even perfect-er right before you go to bed. Our muscles do most of their growing and repairing during sleep, so making sure you have slow-digesting protein in your system all night long is highly beneficial for increasing muscle-tone. Drink milk first thing in the morning and last thing at night!

### **Weight Loss**

Studies show that people who drink low-fat or skim milk lose more weight than those who exclude milk from their diet. Add a glass to your meals or just have a glass for a nice healthy snack.

### **Less Stress**

A glass of warm milk is great for relaxing tense muscles and soothing frayed nerves. Milk also has been proven to reduce symptoms of PMS and boost energy. So stop being a punk and drink some milk.

### **Overall Health**

Milk helps lower blood pressure and risk of strokes. It also reduces the liver's production of cholesterol and can act as an antacid. Vitamins A and B in milk help your eyesight, and milk has also been shown to lower risk of certain cancers. And a couple glasses of milk a day will help your skin look much better. Milk has a lactic acid that acts an exfoliant and enzymes that help smooth your skin. It also has amino acids that help moisturize skin. No wonder Cleopatra used to take milk baths.

### **[SweatChannel Drill of the Week: One Legged Lateral Hops](#)**

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