

# Strategies for Post-Exercise Recovery

Citation for published version (APA):

Fuchs, C. (2022). *Strategies for Post-Exercise Recovery*. [Doctoral Thesis, Maastricht University]. Maastricht University. <https://doi.org/10.26481/dis.20221021cf>

**Document status and date:**

Published: 01/01/2022

**DOI:**

[10.26481/dis.20221021cf](https://doi.org/10.26481/dis.20221021cf)

**Document Version:**

Publisher's PDF, also known as Version of record

**Please check the document version of this publication:**

- A submitted manuscript is the version of the article upon submission and before peer-review. There can be important differences between the submitted version and the official published version of record. People interested in the research are advised to contact the author for the final version of the publication, or visit the DOI to the publisher's website.
- The final author version and the galley proof are versions of the publication after peer review.
- The final published version features the final layout of the paper including the volume, issue and page numbers.

[Link to publication](#)

**General rights**

Copyright and moral rights for the publications made accessible in the public portal are retained by the authors and/or other copyright owners and it is a condition of accessing publications that users recognise and abide by the legal requirements associated with these rights.

- Users may download and print one copy of any publication from the public portal for the purpose of private study or research.
- You may not further distribute the material or use it for any profit-making activity or commercial gain
- You may freely distribute the URL identifying the publication in the public portal.

If the publication is distributed under the terms of Article 25fa of the Dutch Copyright Act, indicated by the "Taverne" license above, please follow below link for the End User Agreement:

[www.umlib.nl/taverne-license](http://www.umlib.nl/taverne-license)

**Take down policy**

If you believe that this document breaches copyright please contact us at:

[repository@maastrichtuniversity.nl](mailto:repository@maastrichtuniversity.nl)

providing details and we will investigate your claim.

Propositions related to the dissertation entitled:

### **Strategies for post-exercise recovery**

1. Sucrose ingestion is preferred over glucose ingestion to accelerate post-exercise liver glycogen repletion. (this thesis)
2. Ingestion of both branched-chain amino acids and ketoacids stimulate muscle protein synthesis, but anabolic responses are more short-lived when compared to the ingestion of an equivalent amount of intact protein. (this thesis)
3. Denaturing dietary protein by heating does not substantially impact the capacity of the protein to stimulate postprandial muscle protein synthesis rates during recovery from exercise. (this thesis)
4. Post-exercise cooling blunts the post-exercise increase in muscle protein synthesis rates and should, therefore, not be routinely applied by athletes. (this thesis)
5. Lack of activity destroys the good condition of every human being, while movement and methodical physical exercise save it and preserve it. (Plato)
6. The future of sports nutrition is not high carb or low carb or any new diet, it is personalized nutrition, customized to individuals and their goals. (Asker Jeukendrup)
7. Some supplements probably work for some people some of the time, many supplements don't work for anybody any of the time. (Ron Maughan)
8. Recovery is an essential aspect of exercise training and adaptation, and therefore athletes and coaches should better inform themselves instead of just following the hypes around recovery strategies.
9. To truly become a master at something, you have to play with it and/or teach it. (Adapted from Jordan Peterson and Richard Feynman)
10. The last three or four reps is what makes the muscle grow, this area of pain divides a champion from someone who is not a champion. (Arnold Schwarzenegger)

Cas Fuchs

October 21, 2022