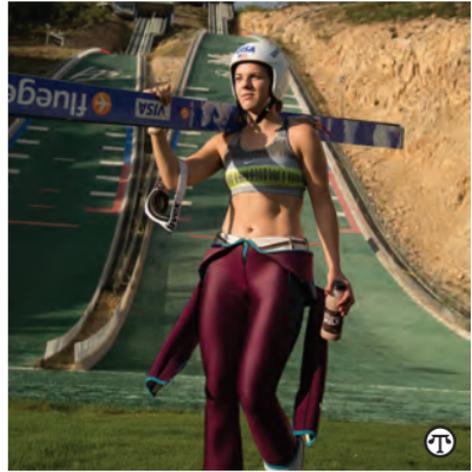


# News Of Sports

## U.S.A. Medal Favorites Show How Success Is Built



**Elite athletes, coaches and serious exercisers are recognizing the benefits of refueling with lowfat chocolate milk.**

(NAPSA)—As excitement builds for the world's biggest winter sports event in February, tales of perseverance and determination highlight the stage. Athletes across the nation will showcase how drive and ambition are built with the power of the human spirit.

### **Athletes And Insights**

Here's a look at some of the more intriguing tales:

- While ski jumping has always been one of the most thrilling extreme sports, women have not been allowed to participate alongside their male counterparts at the highest level, until now. The Women's Ski Jumping U.S.A. athletes persevered and pushed for their place in history on sports' biggest stage and will join the other 97 events in Russia, 2014.

- In 2010, Zach Parise scored U.S.A.'s tying goal late in the final hockey game against Canada to send it to overtime. Although his team went home as runners-up, Parise still dreams of winning gold and will get a second chance to do so in Russia.

- These incredible athletes—U.S.A. Hockey star Zach Parise plus Women's Ski Jumping U.S.A.

athletes Abby Hughes, Alissa Johnson, Jessica Jerome, Lindsey Van, Nita Englund, Nina Lussi and Sarah Hendrickson—are being recognized in the new BUILT WITH CHOCOLATE MILK campaign, which showcases what elite athletes have known for years and what research supports: Drinking lowfat chocolate milk after strenuous exercise helps athletes refuel and rebuild their bodies so they're ready to give it their all in their next workout or competition. For any athlete competing in Russia in 2014, recovering effectively between each intense training session can mean the difference between going home empty-handed and standing on the podium.

### **Learn More**

More than 20 studies now support the benefits of chocolate milk for post-exercise recovery. For further facts about these elite athletes, why they recover with chocolate milk after strenuous exercise, plus exclusive training tips and videos, log on to [www.gotchocolatemilk.com](http://www.gotchocolatemilk.com) or join the conversation at [www.Facebook.com/gotchocolatemilk](http://www.Facebook.com/gotchocolatemilk) and Twitter [@gotchocomilk](https://twitter.com/gotchocomilk).

*Note to Editors: This article will only be available until January 27, 2014. Please secure content prior to that date.*