

## Beat the Winter Blues & Warm up with Beet Juice!

There are numerous products on the market that claim to have benefits for workout enthusiasts, but do you know which ones are the most beneficial? Some shakes and supplements often claim to provide an energy boost and muscle repair for anyone that works out. Although it may seem that sometimes the only way to receive a boost of energy before a workout is to drink an energy drink, that isn't true. One natural drink that's available everywhere is beetroot juice. It is perfect for workout enthusiasts that need a boost of energy before their training session. Fitness instructors and workout enthusiasts will find that there are actually many benefits to drinking beet juice:

**Energy booster:** Beet juice is a natural energy booster. Beetroot juice helps to promote oxygen flow, which largely explains why it acts as an energy booster. An energy boost before a workout is vital to ensure that clients are performing to the best of their ability. If a client begins a workout while they are exhausted, it can lead to an injury. So, it is important to inform clients of natural energy boosting drinks, like beet juice, so they can drink it to be properly prepared for the gym.

**Muscle repair:** Since beet juice also promotes oxygen flow, it aids in muscle repair. Oxygen is necessary for muscles to continue to heal after a workout. When the body experiences a workout, it needs a rest period in order to heal. Working out too often may lead to injury from a pulled muscle or even a muscle tear. Drinking beetroot juice can help to bring some much needed oxygen to your muscles. Beetroot juice is also rich in antioxidants, which helps to slow down the body's natural aging process. Since drinking beetroot juice can aid in muscle repair, it can also help to protect against client injury, which can lead to a lawsuit. Personal trainers can also obtain fitness instructor insurance in the event that an injury resulting in a claim occurs.

Since beetroot juice naturally works to repair muscles and boost energy, it is a great drink for clients. Fitness instructors can encourage their clients to drink juices, like beetroot juice, that have reparative compounds for their muscles. This will help to repair a client's muscles and boost energy so that they can use proper form. Fitness instructors are often vulnerable to lawsuits despite properly preparing their client for a workout. [Fitness instructor insurance](#) will guarantee that instructors are covered in the event of a client injury.



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