

Hike Up Your Performance On and Off the Trail



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By: Jenna Zizzo

Staying active and spending time outside are always good ideas, so why not do both at the same time? Sure, hiking on a trail or taking a walk are great ways to get outside and get moving, but oftentimes, we feel wiped out and find ourselves craving snacks before we're halfway up the mountain. At Isagenix, we're proud to offer convenient nutritional options that are sure to sustain you while you're on the go! Here are some of our best snacks for hiking.

Before you go...

While you're preparing to hit the trail, you need to up your endurance. For the perfect boost, try [AMPED™ NOx](#), which can prepare you for your trek. NOx consists of vegetable extracts from beets, red spinach, and celery to help support the body's nitric oxide production and healthy blood flow,[†] which are critical when hiking at high altitudes.

For a quick, nutritious way to fill up on 28 grams of high-quality protein, grab an [AMPED Protein Bar](#) (not to be [confused](#) with our tasty [IsaLean™ Bars](#)). These bars support lean muscle building and taste great! Make sure that you buy your AMPED Protein Bars today, because through March 31, when you order one box in Cookie Dough flavor or Strawberries & Cream flavor, you can [get a second box half off!](#)

While you're on the trail...

One of the most important things to remember when you are doing any type of outdoor activity is to stay hydrated, and [AMPED Hydrate](#) can help you with that. AMPED Hydrate comes in three delicious flavors and can replenish the nutrients you lose during your hike, run, bike, or swim. Pour it in your water bottle before heading out for the perfect sports drink to provide you with proper hydration on or off the hiking trail.

To sustain energy and maintain endurance midhike, throw some [AMPED Fuel](#) in your backpack. This tasty gel contains carbohydrates from apple puree, agave, and molasses, which can help refuel you if your energy starts to dip while you're headed up the trail. And don't worry about consuming carbs during your hike – a long hike burns many calories, so you'll need to fuel up halfway through!

Once you're back on flat land...

Any type of endurance exercise that lasts more than an hour could cause your muscles to break down. Muscle recovery is vital, and [AMPED Recover](#) can support muscle recovery after spending hours hiking and climbing.[†]

Feeling a bit hungry once you've finished? Grab a bag of [Whey Thins™](#) to crush those post-trek hunger pangs. Packed with 10 grams of protein, Whey Thins can not only help satisfy your cravings, but these bite-sized 100-calorie crackers are a nutritious snack option.

Next time you plan to hit the trail, don't go unprepared! Remember to take your favorite on-the-go [Isagenix](#) products with you so you can tackle your outdoor activities with enough fuel and focus to endure, recover, and do it all again tomorrow.

[†]These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

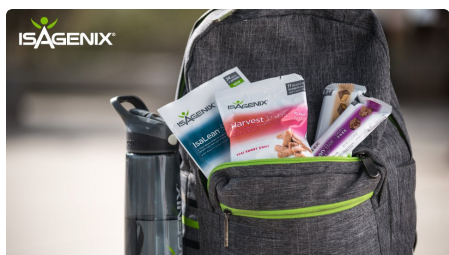
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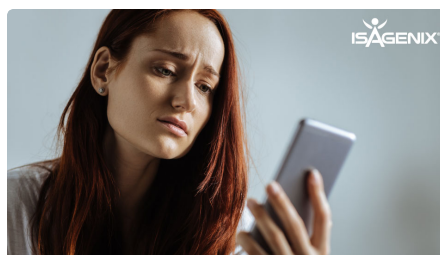
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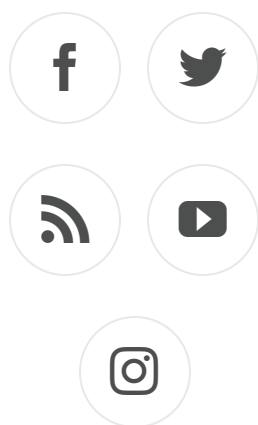
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