



## **How to Recover Smarter After Every Workout with Dr. Michael Ormsbee, PhD (ep – 89)**

If you have ever pushed hard in the gym and still felt like you were spinning your wheels, the problem might not be your training. It might be everything that happens after.

In this episode, Dr. Ginger Hultin sits down with Dr. Michael Ormsbee, Professor at Florida State University and Executive Director of the Institute of Sports Sciences and Medicine, to dig into what exercise recovery actually means and how to do it well. Together, they chat about how to approach post-workout nutrition and protein timing, build a smarter hydration strategy, and use sleep as a muscle recovery tool. They also tackle the surprising truth about eating before bed, and what the research actually says.

So if you are looking for science-backed strategies to recover faster and come back stronger for your next workout, give this episode a listen.

### **In this episode, we'll cover:**

[00:00:05] Introduction to recovery and why it matters

[00:02:40] The "Toyota of health and fitness" philosophy

[00:04:05] What's happening in your muscles and bones during recovery

[00:05:55] Recovery nutrition: how to build a plate that supports repair

[00:13:35] Myth Bust: "If I'm not sore, I didn't work hard enough"

[00:16:16] Hydration for recovery: why most people are starting behind

[00:20:35] Sleep as a recovery pillar and why it deserves top priority

[00:22:56] Pre-sleep protein: what the research actually shows

[00:28:24] Where to start when it all feels overwhelming

Mentioned in this episode

- [The Institute of Sports Sciences and Medicine](#)
- Menopause Episodes with Dr. Wendy Ellis
  - [How to Support Your Body Through Menopause](#) (ep – 85)
  - [What Women Should Be Testing in Midlife](#) (ep – 86)

### **About Dr. Ginger Hultin, DCN, RDN, CSO.**

Ginger Hultin is an integrative, clinical dietitian and cancer nutrition specialist who received her Doctorate in Clinical Nutrition from the University of North Florida. She received her master's degree from Bastyr University, where she currently serves as adjunct faculty teaching clinical nutrition. She has been in practice for over 10 years using a personalized, holistic nutrition approach. She runs a full-time virtual private practice, Ginger Hultin Nutrition where she helps clients with complex health problems improve their health through nutrition. In addition to being the host of The Good Clean Nutrition Podcast, she is an author of two books, Anti-inflammatory Diet Meal Prep and the How to Eat to Beat Disease Cookbook.

Connect with Dr. Ginger Hultin on [Instagram](#), [LinkedIn](#) or her [website](#).

### **About Dr. Michael Ormsbee, PhD, FACSM, FNAK, FISSN, CSCS\*D**

Dr. Michael Ormsbee is the Margaret A. Sitton Endowed Professor at Florida State University and the Executive Director of the Institute of Sports Sciences and Medicine. His research focuses on exercise and sports nutrition, including metabolism, body composition, recovery, protein intake, and performance. A Fellow of the National Academy of Kinesiology, the American College of Sports Medicine, and the International Society of Sports Nutrition, Dr. Ormsbee is widely respected for translating complex science into practical, real-world strategies. He is also the creator of Changing Body Composition Through Diet and Exercise for The Great Courses and brings a unique perspective as both a researcher and endurance athlete.

Connect with Dr. Michael Ormsbee on [Instagram](#), [LinkedIn](#) or [Website](#).

### **Additional Links:**

This podcast is sponsored by [Orgain Healthcare](#). If you're a credentialed healthcare professional, we invite you to join Orgain's Healthcare Ambassador Program. As a healthcare ambassador, you can request free product samples for yourself and your clients, watch webinars available for continuing education credit and obtain resources designed for you. Learn more and sign up for free at [request an ambassador account](#).

*Disclaimer: The material presented in this podcast, is not intended to be a substitute for professional medical advice, diagnosis, or treatment. You should seek the recommendation of a medical professional regarding a medical condition or treatment or before starting a new nutrition and/or health regimen.*

*Orgain, LLC is providing these episodes on an "as is" basis and makes no representations or warranties of any kind with respect to the podcast episodes. Orgain, LLC nor any of its directors, employees or other representatives will be liable for damages arising out of or in connection with the use of this document. This is a comprehensive limitation of liability that applies to all damages of any kind, including (without limitation) compensatory, direct, indirect or consequential damages, loss of data, income or profit, loss of or damage to property and claims of third parties.*