

Rob Kleinman

Chicago, Illinois

ATHLETIC PERFORMANCE



I am an active duty military, and have always been an athletic individual that enjoyed running and playing sports.

In 2010, I signed up for the Coeur d'Alene Ironman that was scheduled for June 26th, 2011. Although I considered myself to be athletic, I had never swam laps, road-biked, ran a marathon or participated in a triathlon.

Over the next nine months, between my training plan and my physical requirements of work, I found myself working out six to seven days a week. In addition to the physical demands of pure exercise, nutrition became a crucial element to keeping my training moving and positioning myself for the

race. This led me to try multiple protein shakes and nutritional supplements with minimal success.

With five months remaining, I began incorporating the healthy chocolate protein shake into my nutritional plan and found myself recovering faster and getting stronger.

I feel confident that without the healthy chocolate protein shake and a steady intake of the other healthy chocolate products throughout the day, I would not have been able to successfully complete my training plan and the race, and feel great at the end of it.

Completed Coeur d'Alene Ironman
June 26th, 2011
2.4 mile swim, 112 mile bike and 26.2 mile run