

**Health and Exercise Science Senior Thesis Projects  
Spring 2014**

**Title of Thesis:** A comparison of two raw juices with a commercially available drink on athletic performance and post-recovery measures

**Student Name(s):** Maody Miranda and Nicole Li (2014)

**Faculty Sponsor Name(s):** Paul Arciero

**Abstract** Optimal nutrition for athletic performance and recovery is essential. This study investigated the effect of two raw juices on athletic performance and recovery. Athletes (n=17) were randomly assigned to consume 16oz of either; beetroot, celery or control (fruit) juice. A submaximal test was performed on a cycle ergometer followed by a 5K time-trial and 30 mins of recovery.