POST EXERCISE RECOVERY TIPS

REPLACE LOST FLUIDS

- It is important to replace lost fluids during exercise however filling up after exercise will help boost your recovery. Water supports every metabolic function and nutrient transfer in the body so making sure you are not dehydrated will improve every bodily function.

EAT HEALTHY RECOVERY FOODS

- After an intense workout your body will be depleted of energy and in order for your body to recover, you need to refuel your energy stores. Eating a small meal within 60 minutes of exercise that is high in protein and complex carbohydrates will help your body repair tissues and get ready for the next challenge. Berries and melons are great to help reduce inflammation.

GENTLE STRETCHING

- During exercise, lactic acid builds up in your muscles which can cause muscle fatigue and soreness. Stretching is more beneficial when your muscles are warm and there is increased blood circulation. It also helps restore your muscles to their original posture and position.

GET AN ADJUSTMENT

- By getting adjusted regularly you can assure your body is working at it's optimal best. This means not only can your body perform at it's peak but you are enabling your body to heal as effectively as possible, making recovery time less.

ICE

- If you have an injured or sore muscle, make ice your friend! Icing for 15 minutes at a time can reduce the inflammation to the area. Ice for 15 minutes then rest for 45 minutes, repeat as often as possible for the first 24 hours, or until the inflammation has subsided.

TIME

- Your body needs time to heal and recover, make sure you allow a rest period between workouts (at least 24 hours). If you are starting a new work out routine, make sure you vary the intensity each time and combine a weight training with cardio for a complete workout.