



Maximize your POST-WORKOUT RECOVERY

This six-day challenge will help you get the most from your exercise routine.

You just finished your workout and feel great! But don't forget: the secret to getting results from exercise isn't just the workout itself but what happens during the recovery period after a workout.

Not sure how to make recovery a part of your routine?
These tips will help you recover in the best possible way.

DAY
1

DAY
2

DAY
3

DAY
4

DAY
5

DAY
6

DAY
1

DAY
2

DAY
3

DAY
4

DAY
5

DAY
6

Learn the benefits of recovery

Working out has positive effects on your health, but also brings stress to your body.

That's why recovering is essential. Cooling down helps prevent sore muscles and helps you recover faster.



It brings down your heart rate gradually

During an intense workout your heart rate can increase dramatically. Stop abruptly and you'll jolt your blood circulation and may feel lightheaded.



It recharges your muscles

A simple cooldown routine can ward off soreness by delivering oxygen and nutrients, so your muscles can recover faster.



It helps prevent injury

Ending a workout with a few gentle stretches increases the range of motion in your joints, relaxes the muscles, and helps prevent injury.

TODAY'S GOAL

Add 3 minutes to your workout. Slow your pace and take a few deep breaths.

DAY
1

DAY
2

DAY
3

DAY
4

DAY
5

DAY
6

Don't be too strict

When you ignore your body's need to rest and recover, you might find that exercising's many benefits get turned upside down: Your body gets the wrong cues and begins to pump out excess stress hormones. That can lead to unwanted weight gain and a weakened immune system.

5 COMMON SIGNS YOU NEED MORE RECOVERY

- 1 You're exhausted, not energized
- 2 Your muscles feel sore* for days
- 3 Your strength and endurance are going down
- 4 You have trouble sleeping
- 5 You're getting more colds

*Minor aches are normal when you start a new workout, or when your workout is heavier.

TODAY'S GOAL

Ease tension and loosen muscles after exercising: Lie on your back with your bottom close to a wall; raise and lean your legs against the wall and relax.

DAY
1

DAY
2

DAY
3

DAY
4

DAY
5

DAY
6

Develop a post workout routine

Along with **slowing your pace for 3 to 10 minutes before completing your workout**, end your session with a few **key stretches that target all of your major muscle groups**. Get started with these easy moves; hold each for 30 to 60 seconds per side.



Hamstring stretch

Sit on the ground with one leg out in front of you and the other folded with the sole of your opposite foot on your inner thigh. Lean forward, reaching for your toes (or shin) on your outstretched leg. Switch sides and repeat.

Glutes & hip stretch

Hold onto the back of a chair for balance, cross one ankle over the opposite thigh and sink your hips down like sitting in a chair, until you feel a gentle stretch in the side of your butt. Switch sides and repeat.



Quadricep stretch

Holding onto the back of a chair (or tree) for balance, lift one leg behind you, grab your foot and gently pull it toward your butt. Switch sides and repeat.

Shoulder & chest stretch

Stand with your back facing a wall, about a foot away from it. Reach one arm back and place your palm and forearm on the wall (your thumb should be up). Gently twist your torso away from the wall until you feel a stretch in your chest and shoulder. Switch sides and repeat.



TODAY'S GOAL

Adjust your workout time so you can fit in this cooldown routine.

DAY
1

DAY
2

DAY
3

DAY
4

DAY
5

DAY
6

3 steps for recovery

The foods you eat and the fluids you drink greatly influence how quickly you recover from a workout. To replenish your energy, please have some*:

1 REFUEL with carbohydrates

Carbs provide your body and brain with the fuel needed to recover after a training session.

2 REBUILD with protein

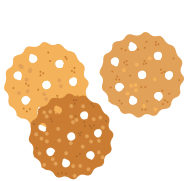
Protein helps maximize muscle repair.

3 REHYDRATE

Fluids can minimize cramping and muscle fatigue. Water is great for rehydrating.

*Depending on the type of workout; endurance sports ask for carbohydrates, power training asks for protein

POWER SNACKS



+



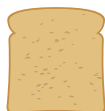
Whole-grain crackers
+ cheese



+



Skimmerd curd +
fresh fruit



+



Whole-grain bread + boiled egg

TODAY'S GOAL

Keep some power snacks within reach after your workout.

DAY
1

DAY
2

DAY
3

DAY
4

DAY
5

DAY
6

Sleep more, sleep better

Sleep is one of the most important parts of an effective recovery program. While you are sleeping, your body produces the hormones responsible for repairing muscle tissue. If you don't get enough sleep, your body cannot fully recover.

People who sleep less than eight hours per night are nearly twice as likely to suffer a sports injury than people who sleep eight or more hours a night.

CALL IT AN EARLY NIGHT

Go to bed 15 minutes earlier than you usually do.



Try to stick with this new bedtime for a week, then add more sleep by going to bed 15 minutes earlier the following week as well.

Continue increasing your sleep each week until you're getting 7 to 8 hours a night.

TODAY'S GOAL

After your workout, hold each of the day 3 cooldown stretches for 5 extra seconds.

DAY
1

DAY
2

DAY
3

DAY
4

DAY
5

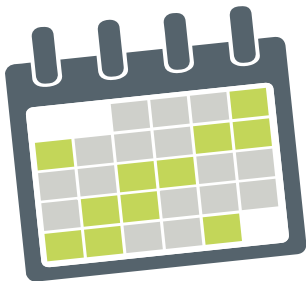
DAY
6

Take it easy...

While it's important to get some kind of physical activity every day, every workout should not be a high-intensity one.

A good rule of thumb is to allow two days between high-intensity workouts, mixing in medium- and low-intensity days to let your body recover.

These low-key activities are ideal for your rest day:



- a leisurely 30-minute walk
- an easy bike ride
- a relaxing yoga routine
- swim a few laps
- gardening



Maximize your
POST-WORKOUT RECOVERY