

Everything you need to know about **WORKOUT RECOVERY**

Exercise safety is extremely important for progress, in the same way that recovery in-between workouts is necessary to see results. Especially if this type of training is new to you, your muscles will need ample time to heal before you're ready for your next class. You will be sore! That's a sign that your body is moving in a new way that it's unaccustomed to, or your pushing your muscles harder than normal. Believe it or not, that soreness becomes addictive!! But when we're sore, we know that our body **MUST** recover. See progress more quickly by following these tips for correct and efficient recovery methods!



TIP #1 - HYDRATE!

Your body will need plenty of fluids to recover! Aim to drink half your body weight in ounces of water per day for adequate replenishment. Don't forget to drink water before, during, and after your workout, as well as throughout the day. This will also ward off the afternoon headaches and energy slumps that can occur due to dehydration.

DRINK HALF YOUR BODY WEIGHT IN OUNCES OF WATER DAILY!



TIP #2 – EAT WHOLE FOODS!

Unprocessed, whole foods assist in recovery by providing your body with the nutrients it needs, and by moderating inflammation. Eating a balanced mix of protein, carbohydrates, and a small amount of fat can help to speed up recovery.

While that post-workout meal is important and should be eaten as

soon as possible following your workout, your daily diet matters too. Do not restrict calories!! Your body needs them to recover effectively. Eat when you're hungry and stop eating when you're full, and focus on meals containing real food; skip the processed options and choose whole food sources.

TIP #3 – SLEEP!

Most people need between 7-8 hours of sleep per night, but the addition of a new fitness routine can increase that requirement to 7-9 hours per night. Check out these tips and tricks to fall asleep easier, to stay asleep throughout the night, and to wake up feeling energized! While you're sleeping, your body is working hard to recover, so skipping the Z's is not an option!

FALL ASLEEP

faster

- Avoid caffeine for 8 hours leading up to your bedtime!
- Start relaxing at least 1-hour before your bedtime!
- Spend time on relaxing activities: read a book, drink tea, take a bubble bath!
- Keep your bedroom as dark as possible!
- Keep your bedroom at a cool temperature!

WAKE UP

easier

- Don't hit snooze!
- Sit up as soon as your alarm sounds! Put your feet on the floor as quickly as possible!
- Surround yourself with light as soon as possible!
- Spend at least 10-minutes doing something that excites you!
- Increase your heart rate with a walk, jog, or stretching!

Plus, a couple more tips to have in your back pocket:

RELAXING & STRESS-RELIEVING ACTIVITIES!

By managing your level of stress, you can improve and stimulate your body's recovery. Make even a small amount of time for things like reading, taking warm baths, and spending time on relaxing hobbies. This is a great excuse to turn off your mind with a meditation practice or by sitting in a sauna.

METHODS OF TRAINING MATTER!

(This one we're doing for you!)

In the same way that warming up plays a big role in preparing your body for the workout, stretching afterwards is just as important! That's why we program an assigned warm-up for each class, as well as a series of stretches – or mobility movements – directly following the workout. And our programming ensures a wide variation of movements and training styles in order to promote efficient recovery.

WARNING!

By the time your next workout day rolls in, your body may not yet feel completely recovered, and that's okay! Many times, moving our bodies can help promote continued recovery and actually allow our muscles and joints to feel less tight and more mobile. And don't worry: If your arms are fried by your next class, just let a coach know! We'll help you through those first few classes, as your body acclimates to this new training style and you learn what your body needs to recover optimally!

Still not sure if you're ready to tackle your next class? Reach out to us and we'll help you decide based on how you're feeling! Email coach@dewitfitnessgym.com and we'll help you though!

When in doubt, reach out!