

# Recovery Essentials

---

- **Passive Recovery:** Putting your body in a state of rest and relaxation to allow it to rebuild and recover from exercise. This type of recovery is most critical for long-term health and physical performance. It also ensures that your body is given downtime to deregulate and move into the parasympathetic rest and recovery state.
- **Active Recovery:** Active recovery is using low intensity exercise or movement to help reduce soreness and improve the body's ability to recover from exercise faster. By moving more, you help increase circulation, mobilize bodily fluids, send in oxygen-rich red blood cells and tell the metabolic waste to move on out.
- **Examples of Active Recovery:**
  - Deliberate walking or low intensity cardio staying in Zone 1 or below
  - Light swimming
  - Bodyweight exercise circuits with lower rep ranges staying away from muscular fatigue
  - Lower intensity Yoga classes like Root or Surrender
  - Massage
  - Stretching
  - Self-myofascial techniques using a Hyperice Viper or Foam Roller
  - Normatec Compression Sleeves
- **Signs your body is not recovering well after exercise:**
  - General fatigue or lack of energy
  - Increased soreness post exercise
  - Decrease in performance in the gym
  - Increased cravings, especially for sugar or salt
- **Foundational lifestyle habits for recovery:**
  - **Sleep:** Sleep is the time when our body repairs and recovers from daily mental and physical stressors. Growth hormone – which is released while we sleep – is responsible for tissue growth and repair, cell replacement, brain function, vitality, energy, and fat utilization.
  - **Balanced Eating:** A balanced eating plan should include lean protein, healthy fat and carbohydrates. Inflammation-promoting foods should be avoided as they can cause connective tissue to become much more rigid and more prone to injury. Getting ample protein is also important because it's essential to help muscle recovery.
  - **Hydration:** Aim to drink at least half of your body weight in ounces of water. Lack of water can cause joints to be less lubricated and muscle tightness to increase.

## Foam Rolling

Latissimus Dorsi



Quadriceps – Front



Upper Back



Glute/Piriformis



Calf/Soleus



## Stretches

Back (w/Foam Roller)



Hip Opener w/ Rotation



Hip Stretch (90/90)

