

ACTIVE RECOVERY

When you're feeling sore after a hard workout, it might be tempting to spend your rest day doing absolutely nothing, or binge-watching your favorite TV show, however, research suggests that this may not be the best recovery technique.¹

Active recovery aims to help you feel refreshed, no longer sore, and physically ready for the next workout.¹

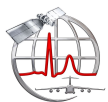
Active recovery increases blood flow to your muscles, reducing inflammation and soreness and helping to build back muscle.²

There are 3 ways to incorporate active recovery:

- Between exercise sets
- Cool down session that immediately follows a tough workout
- Between exercise days



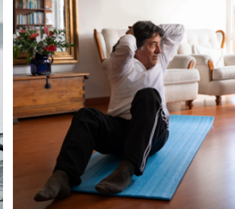
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to see what is going on this week





Choose the Right Recovery Activity

- Choose a low-intensity (30-60% maximum heart rate) activity you enjoy, like yoga, swimming, hiking, core work, cycling, walking, or stretching.²
- The ideal recovery activity is based on your fitness level, the type of training you're doing, and if you're recovering from an injury.
 - A slow run might not be your idea of recovery, but for a well-conditioned runner, this could be the perfect active recovery activity.
- How do you feel when you get back in the gym? As you add active recovery days, make sure to check in with yourself to make sure you're not overdoing it.
- Consider using a foam roller as part of your recovery.
- Listen to your body. Sometimes complete rest days are necessary.

1. Mahaffey, K. (2022). Active Recovery Workouts: What to do on your rest day. National Academy of Sports Medicine. <https://blog.nasm.org/active-recovery#methods>

2. How to reduce soreness with active Recovery. (2022). Right as Rain by UW Medicine. <https://rightasrain.uwmedicine.org/body/exercise/active-recovery>



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