Rest & Recovery

How incredible would it be if our bodies functioned like machines? Our bodies would be able exercise and work endlessly, battery always fully charged or plug always inserted into a powered outlet. Unfortunately, our bodies are not wired that way. We don’t have a battery that is constantly at full charge. As humans, we need to recharge our batteries by fueling our bodies with nutrients, sleeping well, and allowing time for our bodies to recover so that we can continue exercising and working out towards our fitness goals. Incorporating rest and recovering allows the body to adapt to the stress associated with exercise, replenish energy stores, and provide time for the muscle tissue to repair and grow. Ultimately, it will help maximize your performance during your workouts, as well as improve your physical and psychological health. To incorporate these balanced efforts into your regimen, take action by:

1. **Scheduling Active Recovery** in between moderate-vigorous workouts. Walk your dog, hike on a trail with family, foam roll, or spend 30 minutes taking a yoga class or stretch break!

2. **Eat nutritious foods** before and after your workout. Check out our Nutrition Corner for some easy ideas!

3. **Make Time for Sleep.** Review these tips for optimal sleep!


5. **Ease your Stress.** Review the Cleveland Clinic’s guide on reducing stress levels daily.

For more information, please visit ISSA’s blog on workout recovery tips.