



## Post-Workout Self-Care Routine

Give your body the love it needs. Once you are done your workout for the day, make sure you dedicate some time to relax, stretch your muscles, grab a nutritious snack, and hydrate. Let's dive into some tips to reap the benefits of a post workout self-care routine.



Once you are done exercising, you might plan to rush into the next item on your to-do list for the day. But taking the time to prioritize post-workout self-care is key to optimal recovery. Recovery is also essential in achieving the killer results you want. Below are some tips and benefits that you can use to build your own post workout self-care routine:

### Stretching

Regular stretching helps improve flexibility, increases range of motion and reduces the risk of injury. Plus, stretching your muscles can help lower your stress levels and help you feel calmer. [EHW's Stretch and Mobility classes](#) are ideal for anyone looking to improve their posture, proper body alignment, better movement, and flexibility. So, after your next workout, take a few minutes to relax and stretch.

### Foam Rolling:

Sometimes you just need to roll it out. The foam roller is a type of self-massage to alleviate muscle tightness or trigger points. All you need is a low-medium-density foam roller and some open floor space. Try these [foam rolling movements](#) for 30 seconds each to mitigate muscle tension.

### Massage Gun:

A massage gun offers what is known as vibration therapy and is known to offer similar results as a deep tissue massage. This tool offers many [benefits](#), such as helping to relax tight muscles, breaking up scar tissue and adhesions, and minimizing muscle soreness and tension.

### Hydration:

Before, during, and after exercise, it is necessary to drink plenty of fluids to prevent dehydration. Dehydration is linked to muscle fatigue, reduced performance, and other concerns. Water is needed by both casual exercisers and athletes. For the most part, casual exercisers only need water to rehydrate; whereas, some athletes may need a sports drink, chocolate milk or juice in addition to water to accelerate their recovery process. [The American Council on Exercise](#) suggests basic guidelines for drinking water:

- Drink 17 to 20 ounces of water 2 to 3 hours before you begin exercising.



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- Drink 8 ounces of water 20 to 30 minutes before you start exercising or while you are warming up.
- Drink 7 to 10 ounces of water every 10 to 20 minutes during exercise.
- Drink an additional 8 ounces of fluid 30 minutes after you finish exercising. Also drink 16 to 24 ounces of fluid for every pound of body weight lost during exercise.

**Sleep:**

It's no secret that getting plenty of rest is key to both mental and physical health. But did you know that lack of sleep can greatly delay muscle recovery? **Be sure to receive at least seven to nine hours of shut-eye per night.** If your schedule allows it, during the week try to sneak in a few afternoon snoozes. Your muscles can be restored by waiting about two hours after a workout and then taking a quick 20-minute power nap.

**Nutrition:**

After depleting your energy stores with exercise, you need to [refuel your body](#). Consuming the right foods will help your body recover more quickly, build muscle, and get ready for your next workout. Ideally, you should try to eat within 60 minutes of the completion of your workout and be sure to include some [high-quality protein](#) and carbohydrates.