

EXERCISE

05
MINS

COOLDOWN & STRETCHING

A new fitness regimen is exciting and often seduces us to overtrain. Avoid this and protect yourself from injury by stretching after each workout. To avoid injury, stretch muscles thoroughly after each session. If you have a foam roller or knobby foam roller, use it to target particularly tight muscles. This helps to avoid injury and keeps the body symmetrically balanced.

ACTIVE REST

Rest days are important for recovery and to avoid overtraining.

Rest is so critical a need that we mustn't be tempted to overlook it, particularly when we start a new exercise program, even this one. I encourage a regular rest day to be scheduled into your training regimen as follows. Train 2 days, rest 1 day, train 2 days, rest 1 day and so on. Your rest day could include active rest like walking your dog, taking a walk or hiking. You may even want to do an easy bike ride or a yoga class. Rest encourages proper healing and rebuilding while discouraging injury.