

Recuperation

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Activity Usage/Trauma

- Muscle Glycogen
 - Body Fat
 - Protein
- Sweat
 - Water
 - Salt



- Trauma
 - Micro
 - Small injuries to body
 - Tendons, Muscle Fibers, etc...
 - Intense Exercise

Post Activity Intake

- Carb Rich Foods
 - Bread
 - Pasta
 - Potatoes



- Proteins
 - Nuts
 - Yogurt
 - Bars



- Liquid
 - 1.2-1.5 L of liquid based on a kilogram of weight loss
 - No food (liquid should contain sodium)



Active Recovery

- Movement
 - Duration
 - 10-15 minutes
 - Type
 - Jogging
 - Skipping
- Whirlpools
 - Delayed Onset Muscle Soreness
 - After Days Activity Is Complete
- Static Stretching
 - Relaxes Muscles
 - Increases Range of Motion
 - Accelerate Recovery
 - Reduce Risk of Injury

Massage



Assists

- Improve Muscle Recovery
- Increase Circulation
- Decreased Muscle Swelling
- Relaxes/Stretches Sore Muscles
- Increases Flexibility/Looseness
- Increases Blood Flow



Duration: 30 Min

Research: 2X Faster Recovery