Recuperation

By Kaylin Olivas
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

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

- **Proteins**
  - Nuts
  - Yogurt
  - Bars
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