

Recovery: the missing piece

RECOVERY IS AN IMPORTANT PART OF ANY WORKOUT ROUTINE

What you eat, how you move, and the amount of true rest you get all have an impact on how effective recovery is for both your physical health and overall wellness

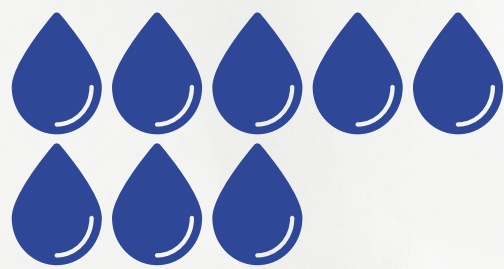
STRETCHING

It's easy to procrastinate, but taking the time to stretch will increase blood circulation, aid in muscle repair, and increase range of motion



NUTRITION

After a workout, it is essential to replenish energy stores. Make sure you are eating enough to support an active lifestyle



HYDRATION

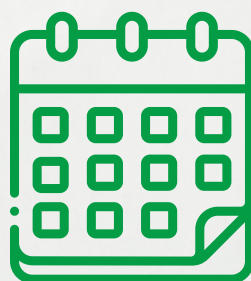
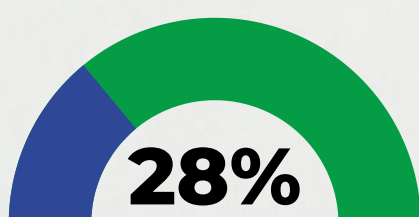
Even on rest days, drink plenty of water to keep hydration and electrolyte levels high. Between 6-8 cups is recommended daily

MOVEMENT

Active Recovery is light activity to get the heart rate up on rest days. This improves blood circulation and removes waste produced by the breakdown of soft tissue during exercise

SLEEP

Between 8-10 hours of sleep is recommended for people between the ages of 12-18, but only 28% meet this benchmark



SCHEDULE RECOVERY INTO EVERY WORKOUT

Visit thebkyndco.com to learn more, and subscribe to our emails to stay in the loop on important updates and great resources