



## **Recovery Methods to ‘Move the Chains’ Towards Your Goals**

*There are 168 hours in a week. You probably spend between 3-7 hours training. What are you doing the rest of the time to achieve your goals and obtain the results you want? As we say, “Move The Chains!”*

- Get more sleep! Some of the most successful people on earth have publicly stated how much they value their sleep. Aim for 7-8 hour per night. Take 20-30 minute naps whenever possible. Eliminate distractions at the end of the day and take time to physically and mentally unwind. Sleep, recover and get better.
- Drink More Water! Aim for half your weight in ounces per day. You’ll need more when training and/or sweating. Water is the best supplement that is often overlooked. You’ll have more energy, you’ll improve digestion, and your muscle and tissues will be healthier- it’s too important to go without!
- Follow the PSTS Nutrition Guidelines. Proper nutrition is VITAL to your goals. Plan meals and snacks ahead of time. Making this a priority will completely change the way you feel throughout the day and your workouts.
- Foam roll- and extra 5-10 minutes per day on the foam roller can work wonders for muscle recovery and overall health. Invest in one of these or ask a PSTS coach what else we can offer.
- Static Stretch- Static stretching will go long way in helping you feel good. It will prevent you from getting stiff from your workouts and allow you to get more movement in throughout the day. Becoming more flexible and mobile will help relieve tension – resulting in a reduction in common aches and pains. Best to do it after foam rolling or a hot shower. Doing it before bed will help you relax and fall asleep more quickly.
- Dynamic Warm-up- A good goal is to perform a dynamic warm-up every day you’re away from the gym. It’s the warm-up we do before every training session. It will make you more ‘athletic’ which will allow you to safely get into positions to train properly while minimizing the risk on injury. Again, ask a PSTS coach what else we can offer in this area.
- Treat yourself to a massage. Investing in some active release therapy (ART) may also be beneficial.
- Control your stress! Spend 15 minutes reading a good book, meditate, spend time alone, go for a 20 minute walk, practice deep belly breathing- all of these will help you de-stress and aide in your recovery!