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Four Sure-Fire Tips to Recover from a Gruelling Exercise Session

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It is an undeniable fact that physical exercise can have a positive impact upon our health. From yoga and hiking to weight training sessions and even full marathons, these habits represent a great way to remain fit at virtually any age. Unfortunately, recovering from an intense workout can be challenging. Some athletes may even require days at a time before they are able to return to their previous activities. The good news is that there are several ways in which this amount of frustrating “downtime” can be reduced. Let us take a look at three interesting suggestions to keep in mind.

Be Sure to Remain Hydrated

We are all aware that drinking water is vital in terms of adhering to a healthy exercise programme. However, some individuals might be surprised to learn that hydration is even more important during the early stages of recovery. There are a handful of reasons behind this observation:

- Water can help to remove toxins from the system.
- The muscles require water to better absorb vital nutrients.
- Water cushions the joints; leading to fewer long-term aches and pains.

It is therefore a good idea to drink at least one pint of water within an hour after finishing a training session.

Obtain the Proper Amount of Sleep

Sleep is the next component associated with a speedy recovery. Sleep helps the body to heal and to metabolise the nutrients which have been absorbed throughout the day. Sleeping also enables the body to release specific hormones that repair soft tissue damage (such as microscopic tears within muscle fibres). Without the proper amount of rest, it is nearly impossible to recover between training sessions. This can lead to potentially serious consequences such as muscle strains and even tears. Most experts recommend obtaining between seven and eight hours of sleep every night.

Consider Herbal Supplementation

Hormones were briefly mentioned in the previous section and they should be highlighted in greater detail before moving forward. Many individuals may be surprised to learn that some natural supplements can help the body to produce vital healing substances such as serotonin and

adrenaline. One example can be seen in CBD oil. While certain studies have suggested a definitive link between [CBD and intimacy](#), there are many other exercise-related benefits. This substance can help to reduce pain thanks to its natural analgesic properties while it also aids in digestion; important in terms when consuming a post-workout meal. A handful of other supplements to consider include:

- Maca
- Ginseng
- Creatine
- Isolated whey protein
- Arginine

Thankfully, the alternatives mentioned above are associated with few side effects and they are able to produce viable results within a short period of time.

It should still be mentioned that there is a massive difference between [normal post-workout soreness](#) and a potential injury. Whenever in doubt, always make it a priority to speak with a physician or a qualified sports therapist.

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