



INCREASE YOUR ACTIVE RECOVERY

Habit Cheat Sheet

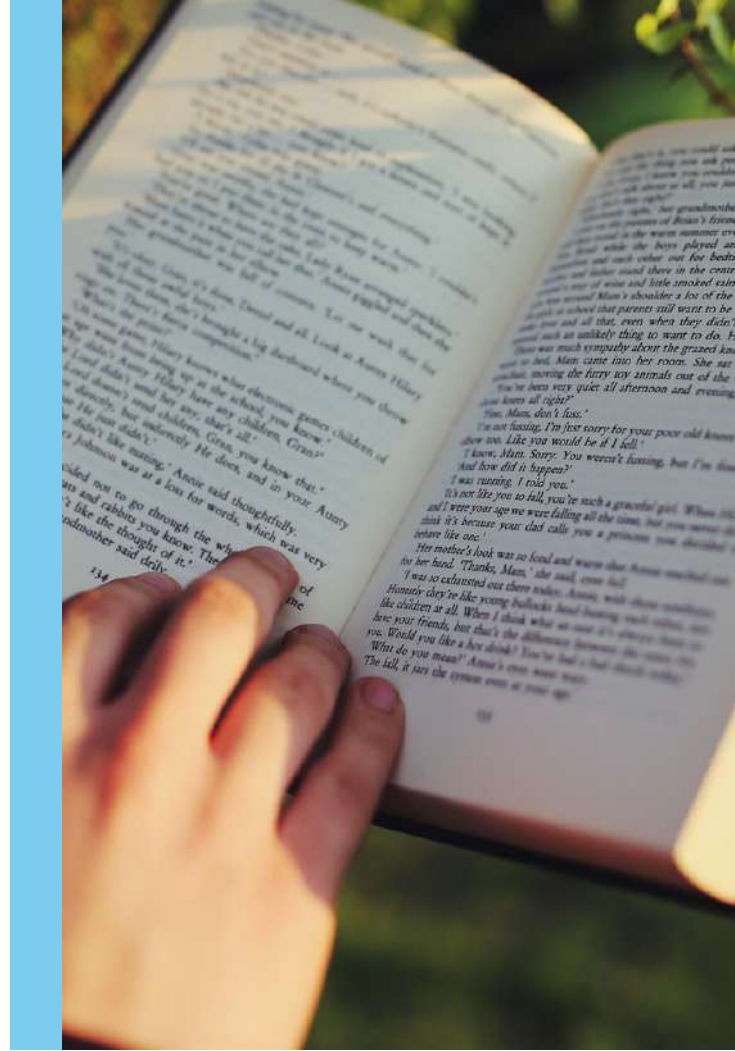
@healthbyscience

What is "Active Recovery"?

Any activity or task that activates the body's relaxation response to lower stress hormone levels and promote feelings of calmness and relaxation, can be considered a form of active recovery.

This might include things like taking a walk, getting a massage or practising deep breathing exercises. The key is to engage in an activity that helps you feel relaxed, rejuvenated, and prepared to take on the challenges of the day ahead.

By incorporating some form of active recovery into your routine, you can help promote physical and mental rejuvenation and improve your overall well-being.



Why is Active Recovery So Important?

Activities that activate the body's relaxation response, such as yoga, meditation, or deep breathing, are crucial for losing weight, improving fitness, and ageing well.

These activities can help reduce stress levels, which can in turn decrease cortisol production and prevent overeating or unhealthy food choices. Furthermore, these activities can also help increase mobility, flexibility, and overall physical and mental wellbeing, which can lead to a healthier and more rejuvenated lifestyle.

By reducing stress levels and improving mental clarity, these activities can make it easier to build healthier habits, such as making better food choices and sticking to a regular exercise routine. Ultimately, incorporating relaxation response activities into our daily lives can lead to better overall health and wellbeing.

INCREASE YOUR ACTIVE RECOVERY HABIT IDEAS

GET INTO GREEN SPACE

TRY AUDIO RECOVERY

TRY MINDFULNESS MEDITATION

TREAT YOURSELF

**TRY ACTIVE RECOVERY LIGHT
RESISTANCE TRAINING**

TRY HOT/COLD THERAPY

TRY MOBILITY

GO FOR A WALK OUTSIDE

**TRY LIGHT STEADY STATE
EXERCISE LIKE SWIMMING TO
DE-STRESS**



Get in Green Space

Taking a walk in the park, hiking, or gardening can help you relax and unwind from daily stressors. Being in nature has also been shown to have positive effects on mental health.



Try Audio Recovery

Engaging in audio recovery by listening to calming music or relaxing sounds like binaural beats, delta sleep waves, or nature sounds can significantly reduce stress and promote relaxation.

These sounds have been shown to have a calming effect on the mind and body, helping individuals to unwind and rejuvenate from daily stressors.

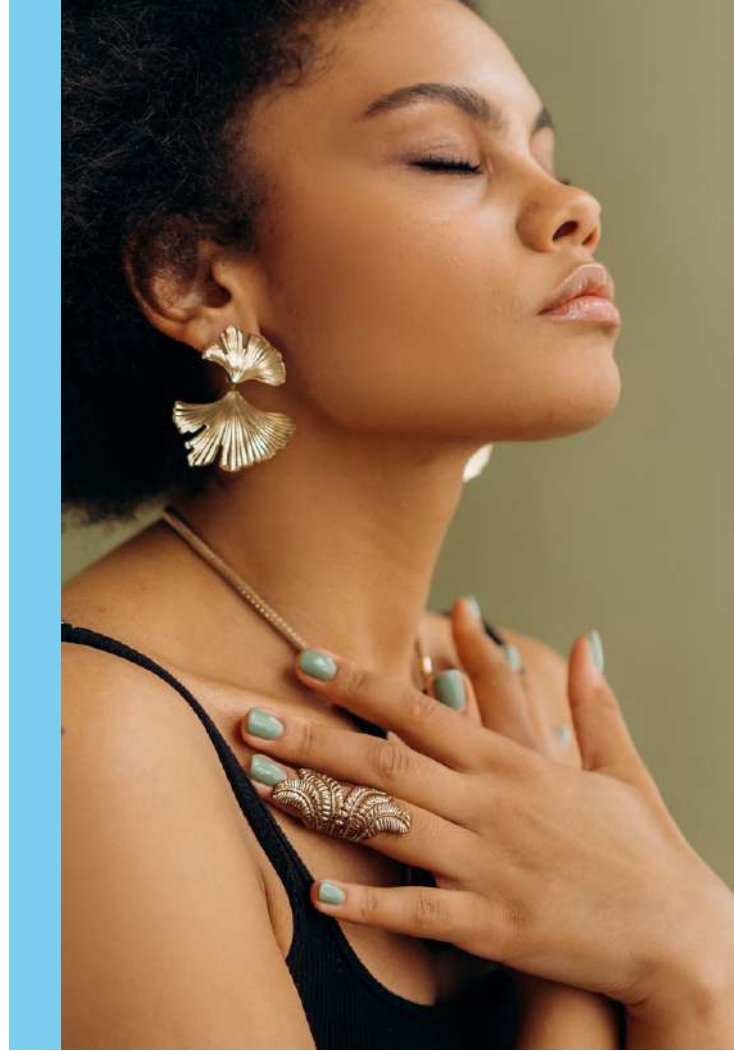
Try Mindfulness Meditation

If you're feeling stressed out, you might be tempted to reach for your phone and scroll through social media or start binging on that new show everyone's talking about. But there's a simpler, more effective way to deal with your anxiety: meditation.

Meditation is an age-old practice that helps to remove distractions from the mind and bring us into the present moment. By calming the mind and slowing down our thoughts, meditation allows us to acknowledge our feelings without becoming overwhelmed by them. And best of all, it only takes a few minutes each day to reap the benefits of meditation.

Whether you do it sitting cross-legged in your bedroom or sitting comfortably outside on a sunny day, try meditating for just a few minutes each day and see how much less stressed you feel! You'll be glad you did.

[Click here to calm your mind.](#)



Treat Yourself

Treating yourself to various de-stressing activities, such as getting a massage, is crucial in promoting mental and physical wellness. Massages provide relaxation by reducing muscle tension and increasing blood flow.

Additionally, massages can also lower the levels of the stress hormone cortisol in the body, leading to improved mood and better sleep. Taking time to indulge in activities that promote relaxation and improve mental health can significantly improve overall wellbeing.

Light Resistance Training for Active Recovery

Active recovery is an effective technique used for sports performance and injury rehabilitation that provides many benefits such as improved circulation, reduced fatigue, decreased muscle soreness, and injury rehabilitation.

Light resistance training exercises such as bodyweight workouts or lifting light weights can be a great way to destress and recover. Engaging in these exercises can help the body release endorphins, which can reduce stress and improve mood.

By engaging in these types of exercises, individuals can significantly reduce stress and promote a more balanced and healthy lifestyle.



Try Hot/Cold Therapy

Hot and cold therapy is a safe and popular way to recover after strenuous physical activity or injury.

Examples of hot therapy activities include Sauna, Jacuzzi, Warm Bath or Steam Room

To gain the benefits of cold therapy, try a cold shower or a dip in the sea.

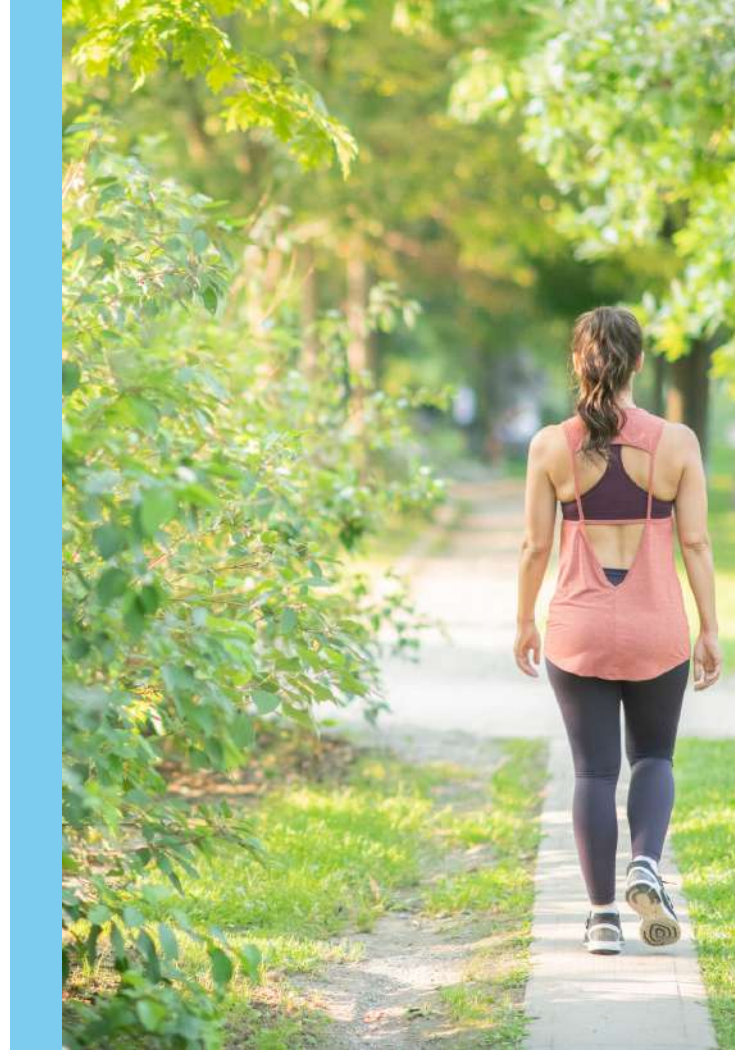
Try Mobility Exercise

Engaging in regular mobility exercises, such as our mobility challenge, stretching and yoga, can be an effective way to destress, recover and promote a healthy mind and body.

These exercises increase flexibility, improve circulation and release tension and toxins from the body, promoting relaxation and reducing stress.

By incorporating mobility exercises into your daily routine, you can improve mental health, prevent injuries, and enhance overall physical performance.

[Click here to learn more.](#)



Go for a Walk Outside

Going for a walk outside is an effective way to destress as it allows you to disconnect from technology, the stresses of work, and the indoor environment.

Walking increases the production of endorphins, which boosts mood and reduces feelings of stress and anxiety. Additionally, being outside in nature has a calming effect on the mind and body, leading to feelings of overall wellbeing.

Try Light Steady State Exercise Like Swimming To De-Stress

When you're feeling stressed out, the last thing you want to do is hop on a treadmill and put in an hour of hard exercise. Fortunately, there are countless other ways to get your heart pumping that are much more relaxing.

For example, swimming is a great option for anyone looking for some light exercise. Not only does the water provide natural resistance for your muscles, which helps you work up a light sweat without overexerting yourself, but it also allows you to unwind and relax while you move through the water.

Whether you prefer doing laps or taking some time to float around and enjoy the scenery, swimming can be a very effective way to destress in today's busy world. So if you're feeling overwhelmed, don't be afraid to take a dip! Your body - and mind - will thank you.



WHAT KINDS OF EXERCISES ARE SUITABLE FOR ACTIVE RECOVERY?

Any exercise that promotes relaxation and helps reduce muscle fatigue is suitable for active recovery. Examples can include light resistance training, yoga, stretching, walking, and swimming.

HOW FREQUENTLY SHOULD I INCORPORATE ACTIVE RECOVERY INTO MY ROUTINE?

It's recommended to alternate high-intensity workouts with active recovery exercises, aiming for it to form an essential part of your overall health and wellness routine.

CAN ACTIVE RECOVERY BE BENEFICIAL FOR MENTAL HEALTH?

Yes, active recovery exercises have been shown to have a positive impact on mental health. By promoting relaxation and reducing cortisol levels, it can lead to improved mood, reduced anxiety and better sleep.

WHAT ARE SOME TIPS FOR INCORPORATING ACTIVE RECOVERY INTO MY ROUTINE?

Start by incorporating one or two active recovery exercises into your routine each week, gradually increasing over time. Listen to your body, and don't overdo it—resting is equally important as engaging in exercise. Making time for restorative activities like meditation, reading, and spending time in nature can be an excellent complement to active recovery exercises.

HOW TO SELECT YOUR HABIT



When choosing your new habit, ask yourself these three questions:

1. On a scale of 1-5 how **MOTIVATED** are you to achieve the habit?
2. On a scale of 1-5 how much **ABILITY** do you have to achieve the habit consistently?

If you're on the right side of the Action Line then ask yourself...

3. Do you have a **PROMPT** to remind you to complete your new habit?



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