



THE WILD MOVEMENT

RECOVERY CHEAT SHEET

We all know that training is only one part of the equation. Training simply gives us the stimulus that we need to get stronger, fitter or leaner. To get the effect of the stimulus we need to recover well so our bodies are geared and ready to fight the work next time. The two biggest bang for your buck recovery tools are simply sleep and diet. Most people in this day and age know what a 'healthy' diet look like but many people don't know what a good night's sleep feels like.

Over the years I've had many sleepless nights (which I hate more than most) so I've been forced to study, practice and engrain hacks to ensure I recover as well as I can from my training. If you want to take your recovery and therefore your training *And* results to the next level then read on and start implementing the steps that suit you.

These steps are going to start simple and work their way into more time consuming or complex. Start at the top and keep implementing down. You might only need one or two steps deep. Happy implementing and Happy Sleeping!

- Have a consistent going to bed and waking time. Our bodies' natural circadian rhythm determines when our sleep hormones are highest. Going to bed and waking at similar times is going to allow your body to do the hard work for you.
- No phones or television 1 hour before bed. The lights from these disrupt our body's natural clock. Also social media can cause anxiety, which is the last thing you want before bedtime.
- Read a book before bed. I like fiction or a biography at this time, nothing too heavy or that requires deep analytical thinking.

- Deep belly breathing. Breathing deep into our belly is one of the quickest surest ways to turn on your parasympathetic nervous system (which in turn switches off fight / fright system). This means you will feel calmer straight away after 2 - 3 minutes of deep breathing. Try 4 seconds inhale to your belly, 6 second hold and 8 second exhale.
- Keep a journal. This is a great tool to use if you go to bed with lots on the mind and find yourself not getting to sleep because your mind is cluttered. Get it out on paper and you will find yourself freer to sleep.
- Have an ice bath or cold shower. Research shows people sleep better when their core temperature is slightly lower. Perfect if you live in Australia at the moment!
- Use supplements such as magnesium and glycine. Most of us are deficient in magnesium due to the loss of minerals in our soil. Magnesium at night can help relax the nervous system. Glycine is an amino acid. It acts as an inhibitory neuro transmitter allowing you to switch off. It also has other positive effects on recovery.
- Use a high quality essential oil. Essential oils are oils derived from plants and hence have different properties depending on the plant. Ylang ylang, lavender and cedarwood are all oils that may work well for encouraging you to relax and go to sleep quicker.

If you would like more information on any of the above points, or would like to know more about how The Wild Movement can help transform your health and life please email thewildmovement@gmail.com