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The Importance of Recovery

What is recovery after exercise?

The overall goal of post-exercise recovery is to restore homeostasis in many of the body's physiological systems. After exercise, fluids and fuels lost or consumed during exercise must be replaced, body temperature and regular cardiovascular function must be restored, and damaged tissue must be repaired.

How important is rest and recovery?

Three basic reasons to rest:

1. It allows the body to adapt to your work and improve your performance
2. It restocks glycogen stores, builds strength, and reduces fatigue
3. It helps prevent overuse injuries

What happens on a recovery day?

It is important that you rest on a rest day. This means doing lighter activities and varying your training schedule to include active recovery. A rest day allows your body to consolidate the hard work you have been doing. Muscles recover, adapt, become stronger and your nervous system has chance to regenerate.

The science of post-exercise recovery:

- Recovery from exercise and competition is a vital component of the overall exercise training paradigm, and paramount for high-level performance and continued improvement.
- The underlying mechanisms that mediate post-exercise recovery include skeletal muscle damage, decreased substrates and the accumulation of metabolic by products.
- Optimal recovery entails restoring the capacity for each of the three energy systems to function once again at maximal levels.
- Three chronic training adaptations improve post-exercise recovery: increased VO₂Max, increased buffering capacity and increased monocarboxylate transporters.
- Health and fitness professionals must consider the frequency, intensity, time, and type of recovery between each bout of exercise in order to optimise recovery.
- Evidence-based nutritional strategies are a required aspect of recovery, including when, why and how much to consume of various nutrients and combination of nutrients.



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•Alternative methods used to augment post-exercise recovery include cold water immersion, ischemic preconditioning, massage, stretching and compression garments, though not all are equally effective.

What factors affect recovery time after exercise?

1. Sleep
2. Mental fatigue/stress levels
3. Nutrition
4. Hydration
5. Frequency and type of training load

For more information on the above article or to speak to an EPT representative, kindly contact > admin@eptrecovery.com