

How To Recover Post Workout

Written by AZFoothills.com

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While no two people are the same, there are many general tips you can follow to help yourself recover post workout. And once you find something that works for you, it's easy to rely on it every time you workout and begin to move on with the rest of your day.

With that in mind, let's examine some of the top tips for recovering post workout. Even if you only implement one of these, it'll work in your favor immediately.

Remember To Rehydrate

Let's face it: you lose quite a bit of water when you workout. Even if you don't think you're sweating that much, there's a good chance you're inching toward dehydration. For that reason, it's critical that you rehydrate post workout.

Tip: don't wait too long to start rehydrating. It's best to do so while you're working out, and afterwards, to minimize the chance of reaching a point of no return. It's not always easy to stop what you're doing to stay hydrated, but it'll pay off in the long run.

Wear Recovery Sandals

[Recovery sandals](#) provide many benefits, such as a massaging effect when you walk. Don't assume that this type of footwear won't work for you. Give it a try, track the results, and combine it with the other idea on this list.

Take a Cool Shower

Not only does a [cool shower](#) feel good after a long workout, but it can go a long way in helping your muscles recover. It can also do a lot for your mental state. A cool shower will help you "return to normal" after tearing your body down during your workout.

You don't have to spend a long amount of time in the shower. A 30 to 60 second cool shower is all that it takes to get the benefits you're seeking. Give it a try. Even if you can only make it a few seconds before turning the water warmer, it'll show you the true power.

Eat a Healthy Snack

This is where many people slip up. You know that you should hydrate, but you struggle to add food to your diet when you're worn out from your workout. Don't go down this path. Your body needs food to recover. But even more, it needs healthy food.

Fruit and vegetables are always a good choice when recovering post workout. Once you feel good about the path you're on, you can look forward to your next big meal. For instance, grilled chicken and steamed vegetables make for a healthy meal after a stressful workout.

Rest and Relax

Yes, you have a life. So, it goes without saying that you have other things to do. For instance, if you work out in the morning hours, you may need to go to the office afterward. Even so, plan to get some rest and relaxation before going about the rest of your day. If you are on vacation, don't let your physical health go to waste. Instead, try new workouts or recovery techniques at a [spa](#). vacation doesn't have to be unhealthy -- it can be the opposite!

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You'll be surprised to find that 30 to 60 minutes of rest after a workout helps your body recover much faster. Not to mention the fact that it positions you for a more enjoyable day ahead.

Answer These Questions

Recovering post workout is all about learning what works for you. You can't rely on what everyone else is doing, down to every last detail, because no two people are the same. You must form your own [healthy habits](#) and let those work in your favor as you workout, recover, and repeat.

Here are some questions you can answer to help yourself create a recovery strategy that yields the intended results:

- What areas of your recovery do you struggle with the most?
- What have you done in the past post workout to keep your body strong and healthy? Have you been impressed with the results?
- Is there anything you can experiment with that you've been putting off?

Don't be afraid to try new things when it comes to your recovery. You never know when a little change will make a major impact.

Final thoughts

Get serious about the steps you take to recover post-workout. The more ideas you experiment with, the easier it becomes to find a strategy that works for your body.

What do you think of these tips for recovering post workout? Do you have experience with any of these? Would you add any others to the list?