

ACTIVE-RECOVERY DAYS

Feel-good, hard-core workouts leave us feeling accomplished, empowered and filled with an endorphin rush, but active recovery is just as critical. These activities give your body time to rest and repair before you return to the treadmill or kickboxing class.

Active recovery help your muscles "recover" from intensive workouts, while still giving your body the movement it needs to stay healthy and fit.

YOGA

Yoga helps repair muscle tissue while increasing blood flow. Moving through poses and holding positions strengthens your core while increasing body control and balance. Gain flexibility, learn proper breathing techniques and give your mind and soul time to zone out with this time-tested form of exercise.

MASSAGE

I'm sorry, what? Yes, you heard that right: massage helps increase your range of motion, reduces muscle soreness and restores connective tissues. Treat yourself to a sports massage or use a foam roller, lacrosse ball or massage stick at home.

TAKE A WALK OR EASY RUN

Sometimes, a simple walk or light jog is the perfect, sustainable exercise your body needs. A half-hour walk or light jog allows you to break a sweat and build endurance. Grab your earbuds, choose your playlist or listen to an audiobook and hit the pavement for a steady-paced, cardio session.



LIGHT RESISTANCE TRAINING

Lifting weights helps stimulate blood flow and send nutrients to muscles. Even on easy workout days, high-rep exercises with light weights works. Create an upper-body circuit of 5-8 exercises, perform each for 40 seconds, rest for 20 seconds and repeat each round 4 times.

SWIMMING

Working out in the pool is a low-impact, high-results option. The water gives you a sense of weightlessness, which allows for better mobility and joint-stretching than feet-on-land workouts provide. Keeping a leisurely pace will improve circulation while getting your heart pumping.

HAVE FUN

Play tag with your kids. Play fetch with your favorite doggo. Frisbee golf, anyone? No matter the activity, active recovery is about doing something you love, putting down the remote and moving your body.