



Building and Rebuilding

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After any sort of physical activity, no matter the intensity, our muscles and energy stores are depleted to some point. Following these activities, we all make choices that positively and negatively affect our recovery. Sometimes we make good choices...

- Cooling down with light activity or stretching to restore active range of motion
- Drinking water to replace lost fluids
- Eating carbohydrates to replace our energy stores
- Eating lean proteins to rebuild muscles
- Getting a good night's sleep to allow your body to repair itself

Many times, however, we make poor choices when it comes to our post-activity schedule...

- Eating nothing in hopes of creating a caloric deficit
- Staying up late
- Neglecting the benefits of water
- Eating fast food as well as other junk food

Although there are occasions where these choices are hard to avoid due to family activities, work, travel, etc., making mostly positive choices will ensure that the hard work you put into physical activity will pay off.

Tip: Make good choices post-workout to ensure that you are getting the most you can out of your physical activity.