

# Pre and Post Workout Tips

Most of us are feeling out of a normal routine right now. Continuing to stay on track with your workout schedule will help restore the feeling of routine! Follow these pre and post workout tips to make sure you get the most from your training and recover well for your next session!

## Pre-workout

1. Prioritize getting enough good **quality sleep** - aim for 8 hours of uninterrupted z's
2. **Hydrate** - aim for half of your bodyweight in ounces per day and monitor your urine - it should be light in color.
3. Eat to train - Plan your pre workout **fuel** like you would normally
4. Make sure you're wearing the right **clothes** and **footwear** for the workout you're doing. While home workouts might seem more casual, wearing athletic clothes will help make your workout feel more purposeful and make sure to wear supportive shoes as you would in the gym
5. **Plan** - plan what you will do ahead of time to maximize your workout session - this will help keep you focused and on track
6. Start with a **dynamic warm-up** - focus on the muscle groups you have planned for your workout and aim to increase your heart rate before you begin your training



## Post Workout

1. **Cool down.** If you stop exercising too suddenly, you may feel lightheaded or dizzy
2. **Stretch** and use a foam roller - this is a great time to spend more time on recovery and stretching out any tight areas
3. **Refuel** with post-workout nutrition that will help maximize the progress your workout has achieved
4. Drink up - **rehydrate** after your workout to replenish fluids lost and provide H<sub>2</sub>O for recovering cells
5. Take a **cool shower**
6. Let your body **recover** - remember to schedule time to relax and let your mind and body heal

