

DID YOU KNOW?

Fast facts on recovery....

Naami Ferstera
GET FIT. GET STRONG. GET HEALTHY.



RECOVERY

- Recovery is just as important as the training you do
- During the recovery, the body is able to heal and replenish what was used during training
- There are four key principles to recovery:
 - Nutrition
 - Hydration
 - Sleep
 - Rest