

[CBI Home](#)[Past Emails](#)[Program Enquiries](#)[Contact Us](#)

Welcome to your
Corporate Bodies
International Fortnightly
Health Email

Fortnightly Challenge

Assess the quality and
quantity of your sleep.
Try going to bed earlier
where necessary.



**Corporate Bodies
International**

Phone: 1300 21 31 41

Fax: (02) 9439 9366

Email: [click here](#)



**Corporate
Bodies
International**

This fortnight's healthy topic...

Exercise Recovery



Just as exercise is important to healthy living, exercise recovery is important to keep up energy and help you remain fit so you can continue with your exercise routine.

Here are some areas you can work on:

Make sure you get enough rest

If you're feeling low in energy, the first thing to assess is your amount of rest. Try to shoot for 7-8 hours of sleep a night. Inadequate rest increases susceptibility to illness and reduces exercise potential.

Nutrition is vital to exercise recovery

There are 3 critical times for eating in terms of keeping our body ready for exercise and enabling it to recover after exercise.

1. Breakfast increases your metabolism for the day.
2. About 1 ½ hours before exercise. This supplies your body with enough fuel to allow you to train harder and longer.
3. Straight after you finish exercising. Top up your fuel for the next time you exercise. Including protein in the snack aids in muscle repair and building. Skim milk is a good one as it contains carbs and protein!

It's all about 'fuelling up' your body for exercise and replacing the lost energy after you have used it during exercise.

Stretching before and after exercise

Stretching is another great recovery technique. It can also be used before exercise to increase blood flow to working muscles and prepare them for the activity that awaits them.

After exercise, stretching can reduce lactic acid build up within muscles which can lead to muscular soreness. Recovery techniques can maximise the effect of physical activity in order to see positive results faster.

Here's to demystifying another health topic!

Yours in Health, [The Corporate Bodies Team.](#)