

# Transition CROSSFIT

July 2010



## Do you sleep enough to recover?

There are many factors which can help or hinder your rate of recovery from exercise.

One of the most important factors for recovery is sleep. Without good sleep the body has a hard time healing itself. When you don't sleep deep enough your body never reaches that full recovery phase. Extended periods of bad sleep can cause the release of cortisol ( a stress hormone) and can also slow the release of HGH (human growth hormone ) which is the key to good recovery and tissue repair.

Without proper sleep recovery is slowed and this will impact many things. Your mood will not be as positive as it could be. Your rate of recovery from exercise is slowed. Stress levels increase and this can create a slippery slope that can take you right out of your training routine.

If sleep is an issue for you there are a few things that can be done to help you sleep better. Start small and work your way through these steps .

1. Improve your nutrition. Food affects your mood and sleeping habits and your rate of recovery.
2. Make sure to not eat prior to sleep. Your last meal should be at least 3 hours before bed.
3. Try a water pillow or a memory foam pillow. Good body position during sleep is important.

4. A new bed. If your bed is old this might be the problem. Investing in a good bed might be the difference between a good or bad nights sleep.

5. This is a last resort but an ambient might be the answer. By no means do we advocate the use of medication. In fact we are against it. Medication should always be the last resort.

If you can improve your sleep you will improve your life. Being able to recovery from physical and mental activity is paramount to good overall health and wellness.

## 10 Ways to recover quickly:

**1. Rest** Get enough sleep and rest to allow for proper muscle healing

**2. Stretch** Take the time before and after a workout to stretch

**3. Cool Down** After a hard workout it will serve you well to stay in motion for another 10 to 15 min. Rowing or spinning at a slow to moderate pace will help flush your body of toxins created during the intense workouts.

**4. Eat Properly** A good clean meal within 30 min of your workout will help you immensely. Proper nutrition is the molecular ground work of a health fit body. You cant get stronger or heal with out it.

**5. Replace Fluids** Each day you should consume enough water. If it's a day filled with workouts or activity the amount should increase. Drink water before, during and most of all after each workout. Replace what you have lost at a minimum.

**6. Massage therapy** A good massage will help you relax and will encourage healing. You can also self massage with a foam roller.

**7. Cold Bath/Hot shower** Set up a cold bath with Ice if you can stand the pain. Sit in the bath for 5 min, then switch to a hot shower for 3 min. Repeat this 2-3 times. This will increase blood flow and decrease inflammation.

**8. Avoid Overtraining** Be sure not to push too hard. Listen to your body and be patient with your training. Overtraining will slow your progress more than an extra day off.



# Recipe of the Month

## Lean Beef Salad

### Ingredients:

½ Cup All Natural Catsup

1/3 Cup Flaxseed Oil

¼ Cup Lemon Juice

½ Teasp Ground Ginger

3 Cups of cooked lean beef cut into strips

2 Tomatoes, cut into wedges

1 Green Bell Pepper

1 Cup fresh mushrooms

1 Cup Diced Celery

½ Cup Sweet Onion

4 Cups of Mixed Greens

Mix first 4 ing to make marinade. Combine the next 6 ing and cover them in Marinade. Drain marinade and spread over mixed greens.

Serves 4

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# Upcoming Events

July 24/10 At 2 PM we will be having our first Yoga class. The class will be taught by Beth Spilchuk. It is a Hatha Yoga Flow class that will be approx 1 hour in length. This will help you increase your flexibility and increase your rate of recovery. The class is FREE we ask that you bring your own mat or towel and water.



# Something to think about

## TRAINING LOG

If you don't have a training log we suggest you get one and quickly. Without a log you are unable to track results. If you come to workout and you are unable to recall weights, previous times, previous workouts. Then it becomes increasingly difficult to progress and track results. It does not have to be complicated or expensive. A simple to book will do. Write in each days workout and warm up. All times and weights. This will give you a fantastic reference tool.

Just something to think about.....