



# Healthy Body, Good Mind, Whole Spirit

## RIVERS TO SUCCESS FITNESS SESSIONS

This month we are focusing on STRETCHING and caring for your body after a workout. Here are some tips to ensure you are nourishing your body!

### STEP 1

Stretching is an essential practice to add to your routine and has multiple benefits for your physical and mental health. Commit to stretching over the next month.

Here are a few benefits of stretching:

- **Flexibility** – The more you stretch, the more flexible you become, and the easier it will be for your body to move so you can achieve your daily activities and have the energy for any other adventures you may want to undertake!
- **Posture** – Poor posture is a common problem, especially with our online reality today. Stretching strengthens your muscles and encourages proper alignment.
- **Releases tension** – Many people carry stress in their bodies. When feeling overwhelmed, muscles tighten, acting as a defensive strategy. The more you stretch, the less tense you will be. Stretching is an effective form of stress management. Try Yoga!

### STEP 2

Have you heard of lactic acid? Lactic acid is what the body makes when it is low on oxygen; this results in muscle pains, cramps and fatigue.

Here are ways to ensure you do not have a build-up of lactic acid in your body:

- **Use a foam roller or a small ball** to roll out your muscles
- **Drink water** – 8 cups a day is recommended!
- **Take a walk** – moving after you work out flushes the acid

### STEP 3

Ensure you are nourishing your body before and after each workout. Here are some things you can try:

- **Before each workout, eat to energize your body:** apples with peanut butter and raisins, chicken and rice, or yogurt with granola and fruit!
- **After each workout, eat protein to refuel your body:** a protein shake or smoothie, chocolate milk, and bananas are all great ideas.
- **Try not to eat anything heavy before bed** so that your body can get a good night's rest!