

# The Importance of Recovery

At Body By Berle, our goal is to provide you with increased muscle strength, enhanced flexibility, and improved cardiovascular condition. The harder you are willing to work out, the better your results will be.

Getting results is dependent on two factors: the quality of your workout and the quality of your recovery.

Working out in itself has a negative effect on the body: it causes you to be weaker and tired. It is the period after your work out and before the next, the recovery, when the positive effects occur.

During your recovery, the body reacts to stimulus you placed on your body during your workout, repairing and rebuilding the muscle fibers broken down during the exercise. The muscle fibers are rebuilt stronger than they were before.

A minimum of 48 hours between workouts is required. Some people may require more time. Your body will tell you, if 48 hours is enough for you.

If you work out or perform any strenuous activity before you recover, you will reduce the positive effects, you would have achieved.

How can you achieve the best results?

1. Work out as hard as you can.
2. Consume protein within an hour after your workout.
3. Avoid strenuous activities between workouts, at the least, the day after your work out.
4. Get as much rest as possible.
5. Reduce stress in your life to whatever extent possible.

Note that exercise produces inflammation. This inflammation is part of the stimulus which causes the rebuild/repair during the recovery process. If you absolutely need to take an anti-inflammatory after you work out (as a result of the workout or for other reasons), do so. If you can avoid doing so, your recovery will be more productive.