



## Rest Day Importance

Resting can be just as important as working out to our training and recovery process. Working out does not need an “all or nothing” mindset. Variety of activity is important as well as allowing your body to have a regular day off to recover as a part of your routine.

When you perform excessive amounts of exercise without proper rest and recovery you may experience some harmful side effects including decreased performance, fatigue, altered hormonal states, poor sleeping patterns, reproductive disorders, decreased immunity, loss of appetite, and mood swings

The American College of Sports Medicine recommends that adults get at least 150 minutes of moderate-intensity cardio exercise per week.

This can be achieved through spending 30 to 60 minutes working out moderately five days per week or spending 20 to 60 minutes working out vigorously three days per week.

For strength training, ACSM recommendations suggest training each major muscle group two or three days per week and leaving at least 48 hours for recovery between each training session.

Your recovery day should not just be a lazy day lying around the house. It is important to help your muscles in their regeneration process requiring water, food, and sometimes supplements to help rebuild your body tissues.