

TrueSportATHLETE Recovery



What you do after a game greatly affects how you play in the next one, which is why smart athletes always have a solid post-game recovery routine.

Every athlete helps their body rest and repair differently, but any good recovery plan will involve:

- 1. REFUELING:** Eating the right foods and drinking enough water after exercise will have you feeling fit to play again fast.
- 2. RESTING:** Getting good Z's not only helps your muscles rest and repair, but also improves your energy, focus, memory, creativity, and more.
- 3. MIXING IT UP:** Taking time for other hobbies, sports, and hanging out with family will make sure you don't get sick of your sport

Recovery will not only help you improve at your sport, but also at school, in your other hobbies, and with any other kind of challenge you face in life.

WHAT'S IN A GOOD RECOVERY ROUTINE? *Everyone likes to do different things to cool down and relax after a game or practice. What works best for you will take some trial and error, but a few ways many athletes help their tired bodies bounce back are:*



take naps



hang with friends



eat healthy



enjoy hobbies



do yoga or stretch



drink water

Remember, the time for recovery begins immediately after you are done exercising. The longer you wait, the harder you make it for your body to recover quickly!

CREATE YOUR PERFECT RECOVERY ROUTINE! *Using either the examples above or some of your own, create your perfect recovery routine by writing in the boxes below what you can do after games and practices to help your body recover faster.*

10 minutes after, I will...

1 hour after, I will...

1 day after, I will...

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REMEMBER THAT THE BEST RECOVERY ROUTINE IS ONE THAT REFUELS YOU WITH NOURISHING FOOD, GIVES YOU PLENTY OF TIME TO REST UP, AND HAS YOU DO SOMETHING FUN THAT TAKES YOUR MIND OFF SPORTS.

Play better by playing our games! To become a smarter sports star, play our fun recovery-related games at PLAY.TRUESPORT.ORG or download the **TRUESPORT PLAY** app from the App Store or Google Play.