A great way to refuel is to eat carbohydrates for energy and protein for repair. Meals including both include:

- Oatmeal with fruit and yogurt
- Baked chicken and a sweet potato
- Scrambled eggs, Ezekiel bread, and fruit
“RELEASE” YOUR ENDURANCE CAPACITY

Myofascial release is a form of self-massage that involves applying gentle, sustained pressure to specific areas of your body in order to reduce areas of tension in the muscles and the muscle “covering,” called fascia. Some of the vast benefits include:

- Decreased muscle discomfort & fatigue
- Improved flexibility & range of motion
- Decreased tension & stiffness
- Faster tissue recovery
- Increased blood flow

When your joints are not restricted in their movement, you can have better blood flow to the muscles and increased range of motion, all of which can prevent fatigue.

It is recommended that you consult with your doctor or physical therapist prior to starting an exercise program to ensure you develop a plan that is right for you and your individual needs.

CONCENTRATE ON CONDITIONING

Your capacity to endure fatigue can be trained and improved. It’s important to condition your body to avoid frequent injury, and to maintain muscular endurance at a level that keeps up with your daily physical and mental requirements.

Talk with your Wellness Coach to develop a strengthening and mobility program that is specific to your needs!

WHAT’S YOUR FATIGUE PREVENTION PLAN?

- KNOW YOURSELF
- LIFESTYLE & MINDFULNESS
- STRETCHING & MOBILITY
- STRENGTH & ENDURANCE
- NUTRITION & HYDRATION

HEALTHIER BETTER YOU!

RESOURCES

- www.acsm.org
- www.hsph.harvard.edu
- www.webmd.com

For more information visit: WellnessCoachesUSA.com