

FitSparkFitness.com

ACTIVE RECOVERY



What Is Active Recovery?

Active recovery is low-intensity movement that increases blood flow without stressing your body.

Think:

- Walking
- Mobility work
- Light stretching
- Yoga
- Easy cycling
- Gentle bodyweight movement

You should feel better after, not exhausted.

Why Active Recovery Matters

Active recovery helps:

- ✓ Reduce muscle soreness
- ✓ Improve circulation
- ✓ Support joint health
- ✓ Improve mobility
- ✓ Lower stress and cortisol
- ✓ Prevent burnout and injury

Skipping recovery often leads to stalled progress – not faster results.

How to Do Active Recovery Today

Choose one option and keep it easy:

- 20–30 minute walk
- 10–15 minute mobility flow
- Light yoga session
- Easy bike ride
- Stretch tight areas (hips, back, shoulders)

Intensity guide: RPE 3–4

You should be able to breathe easily and hold a conversation.

What Active Recovery Is NOT

- ⊘ High-intensity cardio
- ⊘ Heavy lifting
- ⊘ “Pushing through” soreness
- ⊘ Turning recovery into another workout

If you're sweating hard or gasping for air – it's too much.

Mindset Shift

Recovery days are part of the plan, not a break from it.

They allow your muscles to rebuild and your nervous system to reset.
Strong bodies recover well.

