



HEALTH AND WELLBEING CHECKLIST

Date

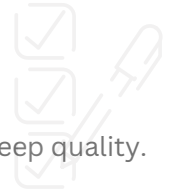
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Improving Your Rest Days

Rest days are essential for recovery, injury prevention, and long-term fitness progress. Use this checklist to optimise your rest days.

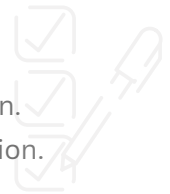
Prioritise Quality Sleep

- Aim for 7-9 hours of restful sleep to aid recovery and boost overall well-being.
- Tip: Create a calming bedtime routine, such as reading or dimming lights, to improve sleep quality.



Incorporate Light Movement

- Engage in low-intensity activities like walking, yoga, or stretching to promote circulation.
- Example: Take a leisurely 20-minute stroll or do a gentle yoga flow to ease muscle tension.



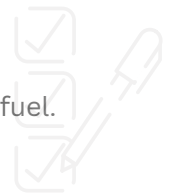
Hydrate Well

- Drink plenty of water to support muscle repair, reduce fatigue, and improve recovery.
- Tip: Add electrolytes or infuse water with lemon or cucumber for additional hydration benefits.



Eat Balanced Meals

- Focus on nutrient-dense foods with lean protein, healthy fats, and complex carbs to refuel.
- Example: Prepare a quinoa bowl with grilled chicken, avocado, and roasted vegetables.



Practice Active Recovery

- Stretch or do foam rolling to relieve muscle tension and enhance flexibility.
- Tip: Target sore areas with foam rolling or dynamic stretches for better mobility.



Take Time for Self-Care

- Use your rest day for relaxing activities like reading, Journaling, or meditation.
- Tip: Take a warm bath or use aromatherapy to create a calming environment.



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Improving Your Rest Days

Monitor Your Progress

- Reflect on your fitness achievements and set realistic goals for the next week.
- Tip: Use a fitness journal or app to track improvements and adjust plans as needed.



Avoid Overexertion

- Resist the urge to perform intense workouts; allow your body to recuperate fully.
- Tip: Focus on mental rest as well by avoiding overly stressful activities.



Engage in Hobbies

- Dedicate time to non-fitness-related interests like painting, cooking, or playing music.
- Tip: Explore new hobbies or revisit old ones to refresh your mind and boost creativity.



Plan Your Week Ahead

- Schedule your upcoming workouts and meals for better organisation and focus.
- Tip: Use a planner or calendar app to structure your week and stay on track.



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