

INTRODUCING

ACTIVE RECOVERY

What is Active Recovery?

When we think of recovery, what may spring to mind are images of resting on the couch, sleeping, or perhaps something like taking a walk.

'Active Recovery' is the use of more exercise to promote recovery from exercise!

While Active Recovery may sound like an oxymoron, it is a technique that is commonly used in fitness to speed up or enhance the bounce-back from strenuous exercise and allow participants to participate more frequently and for longer duration.

How Does Active Recovery Work?

Active Recovery can promote healing of muscles and tendons and reduce DOMS (Delayed Onset Muscle Soreness).

This is primarily by means of promoting blood flow, releasing tension from the body and completing body-rebalancing movements.

Trainers may preferentially suggest active over passive recovery techniques due to enhanced blood flow and reduced stiffness.

What will the sessions be like?

Sessions will be 30 minutes in duration and may include:

- Self- Massage techniques using balls and rollers
- Active/dynamic stretching
- Light exercises that target posture and alignment
- Core and hip/glute work
- Breathwork and relaxation techniques
- May include low intensity resistance training

What is Active Recovery NOT?

- Exercise to music
- Strictly Yoga or Pilates (sessions may draw upon these formats)
- A series of static stretches
- A heavy cardio or aerobic workout designed for sweating

Who may benefit from Active Recovery?

People who:

- Train a lot
- Have a high stress lifestyle
- Wish to learn how to take care of their bodies with modern muscle release techniques
- Want enhanced performance/fitness
- Naturally prefer 'Wellness' sessions over cardio
- Want to improve flexibility and mobility
- Want to reduce pain

Active Recovery Session Details

- Sessions held in the Civic Reserve Gym
- Monday to Friday at 6:45pm
- Saturday at 10:30am
- Sunday at 12pm
- Sessions lead by Gym Instructors
- Maximum 8 people per session

Equipment used in Active Recovery sessions

- Mats/foam pads
- Trigger point balls
- Vibration tools – rollers, peanut and massage gun
- Foam rollers
- Resistance bands
- Dumbbells
- Swiss Balls
- Person's own bodyweight

Format used in Active Recovery sessions

- 30 minute sessions
- Designed by your instructor
- Adaptable for common concerns of the group
- Simple techniques to learn and practice independently
- Draws on basic gym-based recovery techniques using common equipment