



## Complete Cool Down

Every workout is important, perhaps none is more important than your next one, because stringing workouts together, one after another after another, is the key to a successful training program. And how do you put together this string?

By making sure you finish off today's workout with a complete cool down routine. It's the best way to recover while you prepare yourself, body and mind, for your next training session.

Cool down is just as important as your warm-up prior to exercise. Abruptly stopping your vigorous activity leads to pooling of blood, sluggish circulation, cramping and soreness. Proper cool down period allows for continued pumping action of the muscles which helps with blood circulation and removal of exercise waste products (lactic acid)

### Here are four ways to get a complete cool down

#### **1. FINISH YOUR WORKOUT WITH 10 TO 15 MINUTES OF EASY EXERCISE**

Jogging, easy bicycle riding or walking activities, swimmers can cool down by doing an easy-relaxing 200 meter free-style swim. This easy exercise will help relax your muscles and ease your body and mind into a post workout state.

#### **2. Stretch**

Stretching after training session increases muscle flexibility. Research has shown that post workout stretching makes it easier for nutrients to enter into muscle cells, helping to restore the glycogen that is burned during a training session.

#### **3. ICE PAINFUL MUSCLES/JOINTS**

Icing sore muscles can help control inflammation and pain. Apply ice therapy in the form of a reusable ice pack or crushed ice cubes in a plastic bag. Freeze water in a Dixie cup to make a convenient applicator for ice massage. Ice therapy can be used for 15 to 20 minutes.

#### **4. GRAZE ON CARBOHYDRATES AND PROTEIN**

Studies suggest that athletes who take in about 100 calories of carbohydrates (roughly the amount in a banana) every 15 minutes or so for a couple of hours after a workout can increase their glycogen storage rates by up to 90 percent, compared to typical, non-grazing athletes. Other studies indicate that ingesting around 60 calories of high-quality protein (about the amount in 2 cups of skim milk or 2 cups of nonfat yogurt) along with three to five times as much carbohydrates shortly after a workout can speed glycogen replenishment and muscle repair. Chocolate milk is a favorite among many athletes.

If you follow these four guidelines after every training session, you will find yourself training better on subsequent days. The consistency and quality of your training will improve and you will perform better in upcoming events.

Should you have any further questions concerning this topic or any other questions about chiropractic and sports medicine, please feel free to contact our office. Iselborn Chiropractic and Sports Medicine offers comprehensive chiropractic rehabilitation and sports medicine care for non-athletes and athletes alike. We offer instructions concerning how to begin an exercise program and injury prevention to rehabilitation care after an injury as well as and performance techniques.