

Understanding Recovery Strategies: Your Best Performance Awaits!

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**WE WILL DISCUSS 4 WAYS TO
IMPROVE YOUR HEALTH AND
PERFORMANCE**

1.) RECOVERY BASED FITNESS

Learn how training more actually impacts your ability to recover and improve

2.) STRESS IMPACT ON YOUR RECOVERY

Learn how the energy required for your training competes with the energy to deal with other aspects of your life (work, travel, family, etc.)

3.) RECOVER AND RESTORE

Learn how to manage your effort in training and recovery to maximize your performance

4.) ENHANCE RECOVERY AND PERFORMANCE WITH NUTRITION

Learn simple nutrition habits you can adopt to improve how you feel, recover, and perform