



## First session done and dusted – don't drop the ball now

You have just completed your first session of training with me, it's going to be important that you make the right choices over the next few days so that you are feeling fresh and ready for your next session

### What is normal after training?

Soreness/stiffness – don't worry about this, it's called delayed onset muscle soreness (DOMS), this will come on a day or two after your exercise was completed and may last for 2-7 days depending on how long it has been since you last did some exercise, and depending on what you did in your session.

I will always endeavour to pitch the exercise intensity at your current level so as to limit your DOMS because it is not fun, and you might find yourself unable to sit on the loo, or get up and down stairs easily. However, if you've had a hiatus from training, you cannot avoid those pesky DOMS. So, we need to manage the best we can.



### What can we do to help the DOMS

1. Keep moving, walking I without a doubt the BEST way to recover from DOMS. You might not feel like it right now, but trust me, get those legs moving and it will help!
2. Light massage, depending on how sore you are, a light massage might be able to help ease the soreness
3. If you experience any swelling, apply ice to the area for 1 minute at a time (ice pack wrapped in tea towel is best, avoid exposing bare skin to ice pack)
4. Water, you must keep yourself hydrated, this is so powerful for ALL aspects of what we are trying to do here, aiming for at least 1.5L/day, and 2L+ on a training day (depends on your weight).
5. Food, by ensuring that your body has an adequate supply of protein you will help to repair and rebuild your sore muscles, so get great sources of protein like chicken, white fish, eggs, and turkey into your nutrition following your toughest sessions!

6. Avoid hitting the gym again too soon, once you become more in tune with your body, you will be able to figure out what is best for you, but until then, play it safe and keep your exercise to long walks, until you feel more capable of completing a gym session again
7. Swimming could be a useful addition if you are feeling really stiff, its great exercise and you won't be putting any pressure on your body
8. Saunas also help accelerate recovery, so if you have a sauna at home or at your local pool, consider hopping in a for a bit and sweating out those exercise toxins
9. Get a great night's sleep, we must start to focus on this as part of the whole recovery process, but also because its integral to health. If you are not sleeping well, let's start finding out why!

Trust me, DOMS are never as bad after the first week, provided that you are consistent with your exercise sessions ongoing. Unfortunately, despite muscle memory, if you take a week or two off, you will end up back in the depths of DOMS.



## In the mean time

Whilst your body is recovering, I hope you're still feeling super keen....

1. Get yourself into the Facebook group and post a status about how you're feeling, there will definitely be others in the same boat and happy to commiserate with you about your DOMS!
2. Review your goals and remind yourself why you are here and why it's important that you started this journey
3. If you haven't already started to keep a food diary, start one now, it's really important that we get your nutrition right so that you can train hard and recover fast
4. Got any questions? Either post them in the Facebook group (especially if you think others would benefit from the answer) or pop me an email via [nicola@rossellfitness.co.uk](mailto:nicola@rossellfitness.co.uk)

## Remember the key to recovery

- Move
- Eat
- Drink
- Sleep
- Repeat