



WHAT TO DO TO HELP PREVENT AND RELIEVE MUSCLE SORENESS AND CRAMPS

- 1. Eat Potassium rich foods:** provides bicarbonate to remove lactic acid
 - **Bananas**
 - **Leafy greens**
 - **Tomatoes**
 - **Potatoes**
- 2. Eat Magnesium rich foods:** helps deliver energy to the muscles and prevents lactic acid
 - **Seeds** (pumpkin, sunflower, sesame)
 - **Nuts** (almonds, cashews, peanuts, pine nuts)
 - **Fatty Acids** (Salmon, turkey, mollusks, tuna, mackerel)
 - **Leafy greens** (swiss chard, spinach, collard greens)
 - **Beans** (navy, pinto, kidney, lima)
- 3. Drink plenty of water:** 17-20 oz 2-3 hours before exercise; 7-10 oz 10-20 before exercise; 3-6 oz every 20 min. DURING exercise; 24 oz within 2 hours after exercise.
- 4. Deep breathing;** Breathing in through the nose and out through the mouth while exercising and slowly and deeply during recovery.
- 5. Do a Proper Warm-up**
- 6. Stretching:** Static sustained stretches of 30 sec or more for each muscle group used after exercise.
- 7. Stay active during recovery:** Muscles need oxygen and hydration for recovery and movement helps
- 8. Use Magnesium lotion/spray on skin-**replenishes magnesium safely.

For more info/questions contact:

Kris Beebe, MS, MPT

info@krisbeebewellness.com

941-504-7474