

15/10/2024

Introduction to Health and Exercise psychology (BMHN4002)

(Before and after Exercise)

I will be focusing this summary on a normal day in the gym for myself. First, I will make sure to have a high energy breakfast such as overnight oats or an omelet once that is done, I would look to start activating my muscles this can be done by easy stretching which would then move on to full body dynamic stretching (involves movement while stretching). I would then use my foam-roller which applies pressure to a certain muscle of choice that I would be training that day to prevent any injury or tension during my workout.

Once I finish my workout, I would then focus on making sure that i maximize my recovery. This includes taking an ice bath. The benefits of this are muscle recovery, inflammation reduction, enhanced circulation, boots immunity, and stress reduction. The recommended time is around 3 minutes (can go longer if wanted) i feel like it really benefits me to do this as often as I can when done training. Moving on from that, the last thing i will do to make sure my body is loose with no tension or tightness is to use my message gun just spending around 15-20 minutes going over the areas that I have been trained.