

The ONE thing you can't leave out of your fitness routine

Relax! We got you.



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Training hard but still struggling with results? Model trainer [Ricardo Riskalla](#) has some news for you.

Most fitness articles talk about [exercise](#) and all too often, without exception, 90% of them seem to leave out a very crucial element: recovery. That being, recovery from exercise. It is one of the most important factors in fitness. Why? Exercise, like or not, is a stress on the body.

Every time you exercise, you create micro tears and inflammation at muscle level. Basically, the exercise breaks down the muscle and with good diet and rest, the body can create new muscle tissue. That is how the magic happens.

No matter how [hard you've worked out](#), without proper rest, your results are going to be minimal and not healthy at all. So that's why it is important to be gentle and respect your body. Like anything in nature, training needs to follow cycles, and resting is one of them.

We should all be booking in a rest day at least once or twice a week. Click through the gallery to see some tricks that I suggest to my clients to speed up recovery.

Main image: The Upside



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Siesta: So many Mediterranean cultures know this! After lunch, try and get some sleep for 30 minutes or 1 hour to reset your body (or at least take some downtime, if you're busy).



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Cold showers: The power of cold! Cold water speeds up healing in the body. As a rule, try to never have a hot bath or shower after training.



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Antioxidants: Food is so important in recovery and things like purple sweet potato, spirulina, flaxseed oil, tofu, eggs, fish, and acai are great additions to recover a bit faster.



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Dry Skin Brushing: This simple technique is about brushing your body with a dry skin brush for 5 minutes before jumping into a cold shower. This will move all the post-exercise by-product and help your body to detoxify itself.