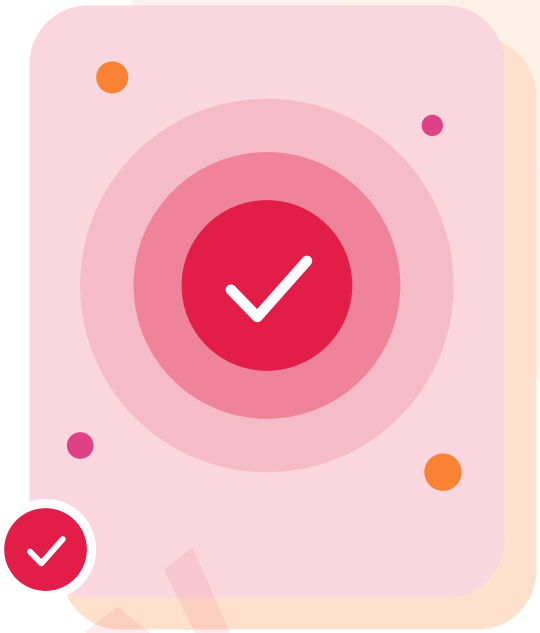
CHECKLIST · HEALTH WELLBEING

FREE PREVIEW

Improving Your Rest Days



Rest days are essential for recovery, injury prevention, and long-term fitness progress. Use this checklist to optimize your rest days.

10 steps · Print-ready A4

NAME _____ START _____ TARGET DATE _____

1 **Prioritize Quality Sleep**

Aim for 7-9 hours of restful sleep to aid recovery and boost overall well-being.

TIP *Create a calming bedtime routine, such as reading or dimming lights, to improve sleep quality.*

2 **Incorporate Light Movement**

Engage in low-intensity activities like walking, yoga, or stretching to promote circulation.

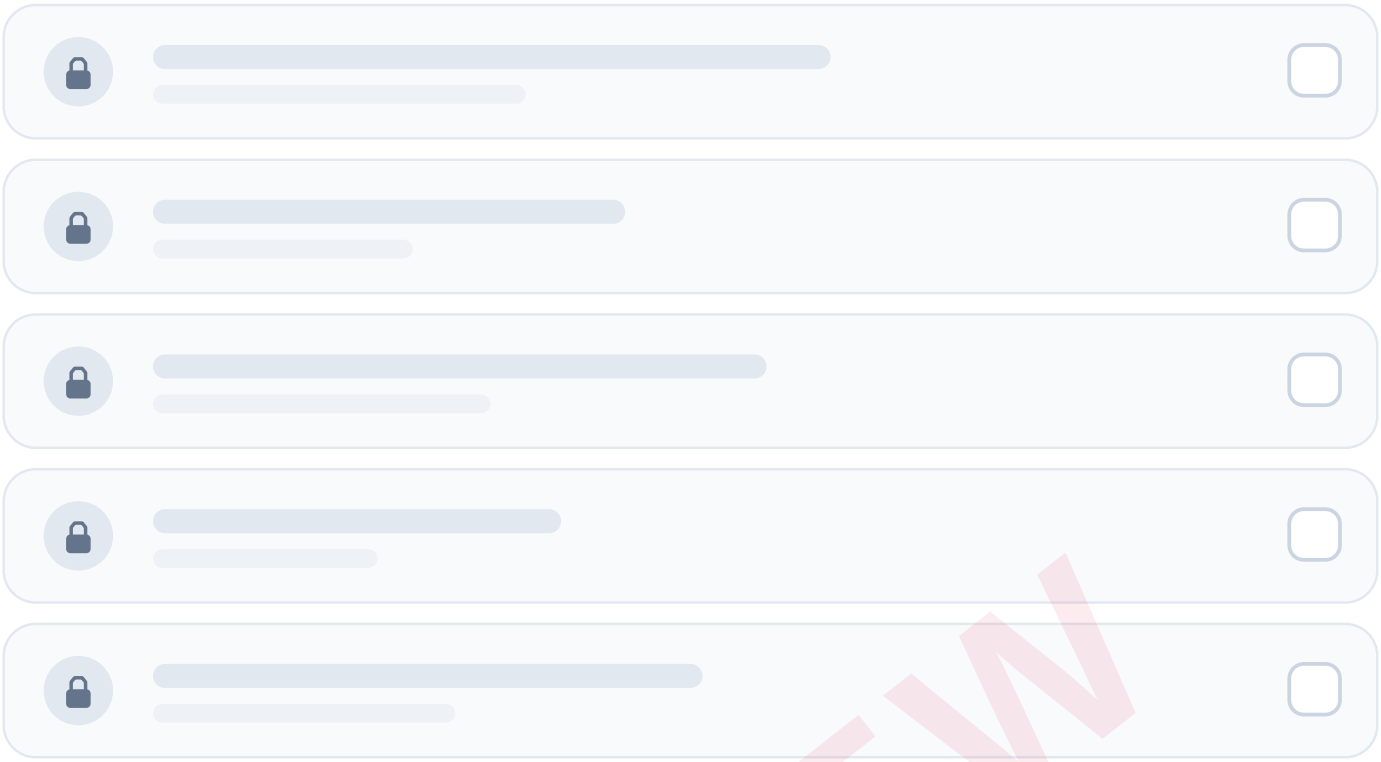
EXAMPLE *Take a leisurely 20-minute stroll or do a gentle yoga flow to ease muscle tension.*

3 **Hydrate Well**

Drink plenty of water to support muscle repair, reduce fatigue, and improve recovery.

TIP *Add electrolytes or infuse water with lemon or cucumber for additional hydration benefits.*

PREVIEW



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