
RE-IGNITE ACTIVE RECOVERY ROUTINE

Recover After Exercise Like You're 10 Years Younger

By Sam Guest



All we're really trying to do here is force your nervous system into recovery mode, or what is commonly becoming known as the state of "Feed and Breed"

This is the opposite of where we spend most of our time these days, which is in Fight or Flight. That's really all recovery is, the problem as I defined in the book is that for most of us we just never manage to get here, and so either take ages to recover or never really recover.

So what follows is designed to be additional to what I talk about in the book, and should be practised from Hour 24 onwards in the recovery cycle.

To start with I'm going to give you my best morning routine practice.

You're going to do as much of this as you can *every* recovery morning. This will boost recovery, reduce inflammation, melt fat, increase energy and supercharge your results.

1. Starve: This first step is optional, but it will give you an added bonus. Prior to step 2, consume a cup of organic coffee or green tea to help mobilise fatty acids and slightly boost your metabolic rate. It has to be plain-Jane coffee or tea—no sugar, no cream, no MCT oil, no butter—but you can add a blood sugar stabiliser such as Panax notoginseng, astragalus membranaceus, wild bitter melon extract, or a shot of apple cider vinegar to enhance this fat-burning effect even more. Just remember: no calories. If you are concerned about losing muscle, you can also consume 10 to 20 g of EAAs as well.

2. Stroll: While in this fasted state (which will allow your body to tap into its own fat for fuel), do a ten to forty-minute light aerobic session. Choose a simple exercise like a walk in the sunshine (bonus: morning vitamin D and circadian rhythm alignment!), an easy yoga session, bike ride, a leisurely swim, or even a sweat in a dry or infrared sauna. Choose anything that's light, easy, aerobic, conversational, and low-stress. While you are doing this also complete the following:

10 x Box Breathing: inhale 5 sec – hold 5 sec – exhale 5 sec – hold 5 sec

Breathe in and out through the nose, ensuring your tongue is on the roof of your mouth as you do.

Gratitude: Spend at least 5 mins really focussing on what you are grateful for, it doesn't need to be something huge, it could just be the fact your heart is beating, or that you can feel the wind on your skin. Make sure you really feel it, putting a smile on your face while doing this also helps.

3. Shiver: Complete your “stroll” and dive straight into two to five minutes of exposure to anything cold, including a hot-cold contrast shower, a dip into a cold river or lake, or a cold bath. This step will not only help strip inflammatory white adipose tissue off your belly but also increase your

metabolically active brown adipose tissue, which will further enhance your capacity to burn fat whilst improving mitochondrial function.

Ideally do this without sun glasses, so your eyes get exposed to plenty of morning light which will help to set up your circadian rhythm,

I want you to try to do this every morning to really supercharge your progress. The steps don't have to be done in this order so you could starve, then shiver and then make the stroll element your morning walk in to work and then have breakfast when you arrive.

If you have the somewhere along the way add in:
10 mins meditation

Then Throughout The Day:

Hydration

Drink at least 2 - 3 litres of water (preferably glass bottled) a day, add a pinch of Himalayan salt or even better electrolytes, (herbal tea also serves here).

Light

Get at least 20 mins outdoor exposure a day with as much as you safely can on bare skin without wearing sunglasses (if possible)

Grounding

Spend 10 mins barefoot outside on grass or earth if possible

Misc

Spend at least 30 mins in the company of good friends

Laugh Lots

Breathe

If you're feeling stressed through out the day, just return and do a few minutes of box breathing as I talked about in the Stroll element of the morning routine.