

Purity Studio

Half Hour to Power – Care Sheet

As you progress through HHTP you will notice some new things with your body, increased strength, increased fitness, more energy, better focus etc. As with any exercise you may also experience some negative things too; with increased strength comes tighter muscles, DOMS is very common and natural, this is delayed onset muscle soreness, usually means you ache 2 days later. Our bodies can recover well, but as we progress on you will most likely need to start giving it some more attention.

Stretching

Stretching in between sessions is very good for keeping your muscles loose. Please only stretch when you are warm, using the same stretches we do in class should be ample, but please ask me if you would like to target different areas, or if you struggle with a current stretch position, as there are plenty of stretches that can target the same areas.

Foam Roller

Rolling out the muscles on a foam roller, is like a mini sports massage. This can be done at any time, getting up, before bed, before and after exercise. Foam rollers vary in price, from around £12 to £50. Generally the more you pay, the longer lasting it will be. The make I recommend is the Trigger Point Rollers. Muscles can get tight and sticky, and the foam roller helps to ease them, free them up and take out knots. Some areas which are particularly tight may tense up when you start, so keep it to little and often, even just a 5-10 seconds on tight areas is good enough, then build it up to longer.

Sports Massage

Regular Sports Massage will keep your body in check, they help relieve muscle tightness, knots, and gives a better range of movement. I can recommend Mark Terry on 07900 085 855, who is doing a special off to any HHTP victim, £10 for an introductory 45 min session, regular price is £40 per hour, with discounts on block bookings available.

Hydration

Make sure you are drinking enough water (tea/coffee/fizzy drinks don't count as hydration), your body needs water to survive and not drinking enough can limit your ability to have a good HHTP session. In hot weather make sure you do get 1.5 litres of water before bed.

Nutrition

Please eat well, your body needs fuel, so either starving it, or loading it up with rubbish will most likely mean you fatigue quickly during and after a HHTP session. Plenty of protein and green veg is recommended for good nutrition. If you would like help with nutrition I offer a one month plan for £30 to get you set.

Sleeping

Try and keep to a good sleeping pattern, as your body has it's own internal body clock, and needs a good rest from 6-8 hours every night, the more regular your sleep is, the better your body will work.