

# Race Recovery

## DIY Spa Routine

with DJ Blatner, RDN, CSSD

### Celebration!

#### Congratulations!

You just finished a race! You've trained, performed, and now it's time to RECOVER. The focus of RECOVERY is to replenish and repair your tired muscles.

### Recovery Plan

#### Let the recovery spa routine begin!

The next two pages include a RECOVERY "DIY Spa Routine" for right after the race AND the next day. It's a mix of muscle pampering and wholesome nutrition to give your body the TLC it deserves.



DJ Blatner (@djblatner) is a registered dietitian nutritionist and certified specialist in sports dietetics. In addition to the Flexitarian Diet, she also authored *The Superfood Swap* (2016). She recently starred in (and won!) the hit primetime reality TV show on ABC called, *My Diet Is Better Than Yours*. DJ worked as the head dietitian for the Chicago Cubs for 10 years (yes, she does have a World Series ring). She was a former national media spokesperson for the Academy

of Nutrition & Dietetics and hosted a reality-style TV show called *S.E.E. Chicago* for three seasons. DJ is on the advisory board of *SHAPE* magazine and is a celebrity diet consultant for *PEOPLE* magazine. She is the creator of the Nutrition *WOW* blog, ranked top nutrition blog by *Health* magazine, and she is a trusted expert appearing regularly in local and national media outlets such as *The Today Show* and *Good Morning America*.



# Race Recovery **After Race**

**Right  
after  
the  
race**



## **BCAA CELEBRATION DRINK**

Drink a BCAA beverage because branched-chain amino acids promote muscle recovery and it's refreshing hydration.\* Try **NOW® Sports BCAA Big 6 Powder** in 16 ounces of water. Or try the **NOW® Sports BCAA BLAST Powder** if you need a little caffeine kick.\*



## **LEGS ON THE WALL**

While laying on your back, place your legs up for 5-10 minutes. This can help promote circulation and recovery.



## **BALANCED MEALS**

Eat satisfying and balanced meals to continue replenishing and repairing muscles. Try something like “fried” quinoa with chicken and veggies. Try **Living NOW Tri-Color Quinoa** to make eating quinoa a colorful experience.

**Few  
hours  
after  
the  
race**



## **SPORTS SPA WATER**

Make yourself collagen “spa water” to stay hydrated.\* Stir collagen into water or coconut water and add slices of your favorite fruits or veggies. Try **NOW Real Food® Coconut Water Sticks** with **NOW® Collagen Powder** and sliced cucumber. Or to continue replacing electrolytes lost during the race, reach for an electrolyte drink like **NOW® Sports Effer-Hydrate.\***



## **MAGNESIUM BATH**

Take a bath with magnesium to feel full body relaxation. After the soak, take a 30-second cold shower to help encourage blood flow and circulation. Try **NOW® Solutions Magnesium Flakes**. PS: No bathtub, no problem. Take a contrast shower (alternating hot-cold) and use **NOW® Solutions Magnesium Topical Spray** after the shower.

**Evening**



## **BEDTIME SMOOTHIE**

Sleep is powerful for muscle recovery. Help your body do it right with a protein smoothie. For example: Protein powder + turmeric + pinch of black pepper + 1 banana + 1 cup of your favorite milk + ice. Try **NOW® Sports Whey Protein** or **NOW® Sports Plant Protein Complex** and 1 dropperful of **NOW® Organic Liquid Turmeric**.

\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

# Race Recovery **Day After Race**

## Morning



### WAKE UP w/ GREEN TEA

Kick start the next day with a little natural energy from antioxidant-rich green tea. Make a matcha latte with **NOW Real Tea® Organic Matcha Green Tea Powder** and add a little sweetness with **NOW Real Food® Organic Liquid Monk Fruit** or **NOW Real Food® Manuka Honey**. For an extra natural energy boost, add beets to your morning like **NOW® Sports Beet Root Powder**.



### BREAKFAST POWER OATS

Your body needs a dose of smart carbs, protein, and fat. A breakfast like oats + chia/flax/hemp seeds + berries is an easy and nourishing way to start the day. Try **NOW Real Food® Organic Rolled Oats** and **NOW Real Food® Triple Omega Seed Mix**.



### FEET TLC

Rub lotion on your feet and put on socks. After being in gym shoes for an extended period of time, your feet need some extra love and attention. Try lotion such as **NOW® Solutions Shea Butter** or **NOW® Solutions Arnica Soothe Massage Oil**.

## Afternoon



### MOVE GENTLY

Leisurely walk, swim, or bike to increase blood flow and prevent soreness. It's not a workout for fitness today, just gentle active recovery to thank your body for being healthy enough to finish a race! Congratulations!



### RELAX, SNACK, HYDRATE

It's time to relax and continue to sip on fluids and snack if you're hungry. Try nourishing, antioxidant-rich snacks like: A piece of fruit + any nut butter or **NOW Real Food® Dragon Fruit Chips** + **NOW Real Food® Raw Energy Nut Mix**. To stay hydrated, drink iced herbal tea like **NOW Real Tea® Hibiscus Tea** (tastes like adult Kool-Aid®)!

## Evening



### GOOD NIGHT

Diffuse relaxing essential oils to promote restful sleep for optimal muscle recovery. Try **NOW® Peaceful Sleep Essential Oil Blend** or **Organic Lavender Essential Oil Roll-On**.