

COACH LESLIE's JULY TIPS for HEALTH and FITNESS

Topic: REST and RECOVERY

Tips for Sleeping Better

Studies show that better sleep and rest is associated with a higher metabolism and better recovery with the body. When you're well rested, you have more energy and feel better!

- Exercise on most days, even if it's just to take a walk.
- Limit caffeine and don't drink any after 6pm.
- An hour before bedtime, avoid doing anything strenuous that keeps you alert and thinking (homework).
- Adjust bedroom temperature to be a little cool.
- Keep bedroom dark, with minimal light.
- Keep your bedroom clean and tidy.
- Breathe deeply and slowly.
- Write down whatever thoughts are racing through your head (journal).
- Put body lotion on (feels good and cools you down).
- If you're cold, put socks on.



Exercise of the Month: Body Weight Lunges

- **How to Perform the Lunges and Avoid Injury:**
 - Position feet shoulder width apart with hands behind head.
 - Take one exaggerated step directly forward with one leg (lead leg).
 - Keep lead knee and foot aligned and toes pointing straight ahead.
 - Flex lead knee, while lowering trailing knee just short of touching the floor.
 - Keep torso vertical by "sitting back" on trailing leg.
 - Keeping lead foot flat on floor, forcefully push off with lead leg.
 - Bring lead foot back to position next to trailing foot.
- **Muscles Worked:**
 - Gluteus Maximus and Medius: "the butt"
 - Quadriceps: "front of the legs above knees"
 - Hamstrings: "back of the legs above knees"
 - Hip Flexors: "connecting front leg to hip"
- **How Many and Where:**
 - Start off with 10-15 Repetitions and do 2-3 Sets
 - Rest :30 seconds in between sets
 - Can do the Lunges anywhere!

