

**Online Workout Resources:** [https://www.huffpost.com/entry/free-online-workout\\_b\\_7722024](https://www.huffpost.com/entry/free-online-workout_b_7722024)

For absolute beginners or mobility/pain relief: [www.essentrics.com](http://www.essentrics.com)

For those with some fitness equipment at home: [www.cathe.com](http://www.cathe.com)

My favorite free fitness video site: [www.fitnessblender.com](http://www.fitnessblender.com)

### **Recovery/Management of DOMS (Delayed Onset Muscle Soreness):**

L-Glutamine (1000mg+ capsules or powder added to beverage daily)

BCAA supplements

Epsom salt baths

Movement to get blood flow to muscles

Sleep

### **Strength training tips:**

- Do not work the same muscle group on consecutive days.
- Aim to work each muscle group at least 2x week
- Change up routine every 6-8 weeks for progression (more reps, more sets, and/or higher weights).
- Start by working large muscle groups first (back, chest, legs) before working smaller ones (shoulders and arms).
- Don't forget core work!

### **Cardio:**

- Try to do a mix of steady state and HIIT once you progress to intermediate level.
- If you do not have fitness tracker, use perceived rate of intensity based on how you feel on 10 point scale.
- Choose activities you enjoy. Make sure some can be done indoors (thank you Canadian climate!).
- Make sure you have proper footwear for your activity of choice.
- Increase mileage/intensity/duration gradually to avoid injury.

**Strive for consistency over perfection!**