

Module 3:

Exercise, Nutrition, Sleep, and Recovery

CREATED BY
JACQUELINE KELLY

Understanding the Interconnection

Exercise, nutrition, sleep, and recovery are vital components of overall health and well-being. A balanced approach to these areas not only enhances physical performance but also supports mental clarity and emotional stability.

KEY CONCEPTS:

01

Exercise:

Engaging in regular physical activity improves cardiovascular health, builds strength, and boosts mood through the release of endorphins.

02

Nutrition:

A balanced diet fuels your body. Prioritizing whole foods—including fruits, vegetables, lean proteins, and healthy fats—support optimal performance and recovery.

03

Sleep:

Adequate sleep is essential for physical recovery, cognitive function, and emotional resilience. Aim for 7–9 hours of quality sleep each night.

04

Recovery:

Focused recovery techniques, such as stretching, hydration, and mindful relaxation, enhance your body's repair processes and help prevent injuries.

Sleep/Recovery Questionnaire:

01. How many hours of sleep do you average each night?

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Less than 5 hours 5-6 hours 6-7 hours 7-8 hours More than 8 hours

02. How would you rate the quality of your sleep?

☐ — ☐ — ☐ — ☐

Poor Fair Good Excellent

03. Do you have a consistent sleep schedule?

☐ — ☐

Yes No

04. Do you engage in any post-exercise recovery practices?
(e.g., stretching, foam rolling)

☐ — ☐

Yes No

05. How often do you consume nutritious
meals throughout the day?

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Rarely Sometimes Often Always

View the next page for potential solutions:

Improve Sleep Quality:

- ✓ Establish a regular sleep schedule by going to bed and waking up at the same time daily.
- ✓ Create a bedtime routine that promotes relaxation (e.g., reading, meditation).
- ✓ Limit screen time before bed and optimize your sleep environment (dark, quiet, and cool).

Enhance Recovery Practices:

- ✓ Incorporate regular stretching or yoga sessions to improve flexibility and reduce tension.
- ✓ Consider using a foam roller or massage techniques to aid muscle recovery.
- ✓ Stay hydrated and consider including recovery nutrition (e.g., protein-rich snacks post-workout).

Support Nutritional Choices:

- ✓ Plan and prepare balanced meals ahead of time, focusing on whole foods.
- ✓ Incorporate a variety of food groups to ensure you're getting necessary nutrients.
- ✓ Stay mindful of hydration, aiming for at least 8 glasses of water a day.

Final Challenge:

Commit to making one positive change in your exercise, nutrition, sleep, or recovery for the next month. Track your progress and evaluate the impact it has on your overall well-being by revisiting your questionnaire at the end of the month.

By taking these steps, you'll enhance your physical and mental resilience, setting a strong foundation for success in all areas of your life