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▶ A word of Advice

Athlete nutrition, physical recovery, equipment, prevention... discover some sound advice for a safe and health conscientious exercise practice.

▶ 10 Tips for a Better Recovery

1. Always stretch before you exercise.
2. Keep energy level up.
3. Eat a balanced diet with enough carbohydrates.
4. Keep fluid level up. Water is a basic necessity for life.
5. Re-hydration is very often insufficient before, during and after the exercise.
6. Improve your intake of minerals, especially if you sweat.
7. Rest at the end of the day.
8. Perform regularly some relaxation exercises including breathing exercises.
9. Get enough good quality sleep.
10. Do not ignore emotional or psychological problems.
11. Take PRS-Sport at least one hour prior to exercise.

▶ 10 Tips for Risk-Free Exercise

1. Do not exercise if you feel ill.
2. Make sure you wear the proper attire and have the right equipment.
3. The right shoes are critical.
4. Practice only if the environmental conditions (temperature, weather...) are bearable.
5. Wait 2 hours after a significant meal for high-intensity exercise.
6. Drink before and during the exercise if it lasts more than 30 minutes.
7. Check for obstacles on your path.
8. Warm up for several minutes even if you feel it lasts forever.
9. Start slowly even after warming up.
10. Know your limits. Check your pulse and be aware of muscle and joint pain.

▶ 10 Reasons to Stop During Exercise

1. Unusual fatigue i.e. it cannot be explained by the intensity of the exercise.
2. Increased heart rate disproportionate with the effort, throbbing pulse.
3. Impaired breathing or heavy and rapid breathing; difficulty to speak is an early warning sign.
4. Chest pain with or without radiation to the arm, jaw, back or upper abdomen.
5. Profuse sweating disproportionate with the exercise, cold sweat.
6. Frequent yawning, nausea.
7. Burning sensation on feet and hands can lead to painful blisters.
8. Any muscle and joint pain should be taken seriously.
9. Thirst, nausea and headache especially if combined.
10. Inability to finish the exercise, training session, game especially if it did not occur before.

By optimizing the recovery process PRS-Sport prepares the body for repair of cellular damages induced by exercise (fatigue, muscle pain and soreness ...) and reduces significantly the time necessary for recovery of athletes. .