



debra@flippingfifty.com
FB/IG/YT: @flipping50tv

Recovery Resources

- ☐ Foam Rolling
- ☐ The Stick
- ☐ Trigger Point Therapy (balls, small rollers)
- ☐ Massage Gun
- ☐ Traditional massage
- ☐ Infrared Sauna
- ☐ Epsom Salt baths
- ☐ Hydration with electrolytes
- ☐ CBC Oil, balm, or bath bombs
- ☐ Ice (you can never go wrong with ice)
- ☐ Heat (you CAN add inflammation with heat: consult first before adding heat)
- ☐ Power Plate: <https://www.flippingfifty.com/powerplate> Use code: Flipping50 for 20% off

Food and Supplement Support

- ☐ Adequate protein, increased following strenuous exercise
- ☐ Omega 3
- ☐ Micronutrient sufficiency
- ☐ Macronutrient & calorie tracking for short time
- ☐ Mitopure (a supplement containing urolithin A) used specifically for muscle recovery and mitochondria health documented to increased endurance and strength while decreasing inflammatory effects of exercise (JAMA, 2022)
- ☐ C60 Purple Power is another supplement (and recent scientific finding) that reduces muscle fatigue, enhances exercise recovery, and reduces joint inflammation, as well as prevents cartilage degeneration.