

The Importance of Cooldown

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Everybody knows the importance of a good warmup. It's one of the most essential pieces to our daily workout routine. We all have different methods of warming up each day. While most of us get our fair share of warmup time before our workout, a proper cooldown after a workout is always sorely neglected. Just like a proper warmup, a proper cooldown is

essential for system recovery after a high intensity workout.

Why is a cooldown so important? When we exercise, there are several changes that take place in our system that creates acute inflammation. Our heart rate spikes, we are breathing hard, and it sends our system into a "fight or flight" state. Contrary to popular belief, the reason why



A proper cooldown eases our system back to a smooth state of rest. Lack of cooldown can attribute to delayed onset muscle soreness.

our muscles get sore after a strenuous workout isn't due to lactic acid buildup in our muscles. It is caused by structural damage to the muscle fibers. Cooldown after a workout reduces the inflammation in the muscles that is caused by structural damage.

So, what consists of a good cooldown? That depends on the duration of the workout. Shorter workouts (10 Mins or less) require a *greater* cooldown time than longer workouts. Generally, a cooldown that is 3-5 minutes in duration is adequate at cooling our system back down. A proper cooldown can consist of rowing, biking, walking, or anything similar. Make your cooldown creative and change it every day!

