Post Workout Remedies

By Danielle Ross

 Working out is something everyone should be doing to improve their health and overall well-being. However, it is no fun to still feel sore after a workout. Luckily, there are several things we can do [prevent or manage](https://commonsensehome.com/home-remedies-for-sore-muscles/) this. Before we talk about post workout, I should start by saying that you need to stretch properly to warm up your muscles before you begin your workout. Staying hydrated during and after the workout is just as important too. Staying hydrated keeps your muscles from cramping up. After the workout it is a good idea to do a cool down and then stretch out the muscles you worked. The reason we get sore after a workout is because of lactic acid sitting in our muscles. One way to move that out of the muscles is to increase circulation by getting a massage, performing self-massage, or using a [foam roller.](https://www.healthline.com/health/fitness-exercise/foam-rolling-how-to) There are also muscle rubs and sports creams can help reduce inflammation, increase circulation, and help with the soreness. An ice bath or just applying ice increases the circulation to the muscles which helps push the lactic acid out as well. Soaking in a bath of Epsom salts can draw out any inflammation and the magnesium aids with cramping. Drinking apple cider vinegar can prevent muscle cramps and soreness also. Of course, don’t forget to rest and replenish your body with proper nutrition after working out. You should never regret working out if done right. Make sure to take the time your body needs after a workout. For more information or any questions feel free to email us at wellness@drake.edu and follow us on our social media sites.