

Recover like a Champ

Principles of Athletic Recovery for Everyday Individuals

Key Takeaways

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Recovery - performance enhancer for 'Corporate Athletes', not a luxury

Recovery enhances—not hinders—productivity and clarity. Just like athletes improve with structured rest, professionals can gain a mental edge through regular recovery habits. When recovery becomes part of your work strategy, you reduce the risk of burnout and increase the sustainability of your output over time.

Stretching for 5 minutes, walking around, or practicing deep breathing can reset your nervous system, reduce physical tension, and lower stress hormones. These tools are accessible anywhere—from your home office to a meeting room—and can be woven into your workday without disrupting your flow.

The best recovery plan fits your **lifestyle**, stress levels, and energy patterns. Whether it's a nightly wind-down ritual or a midweek breathwork break, consistency is more important than intensity. Creating small, repeatable routines helps build long-term resilience and supports peak performance in a demanding professional environment.

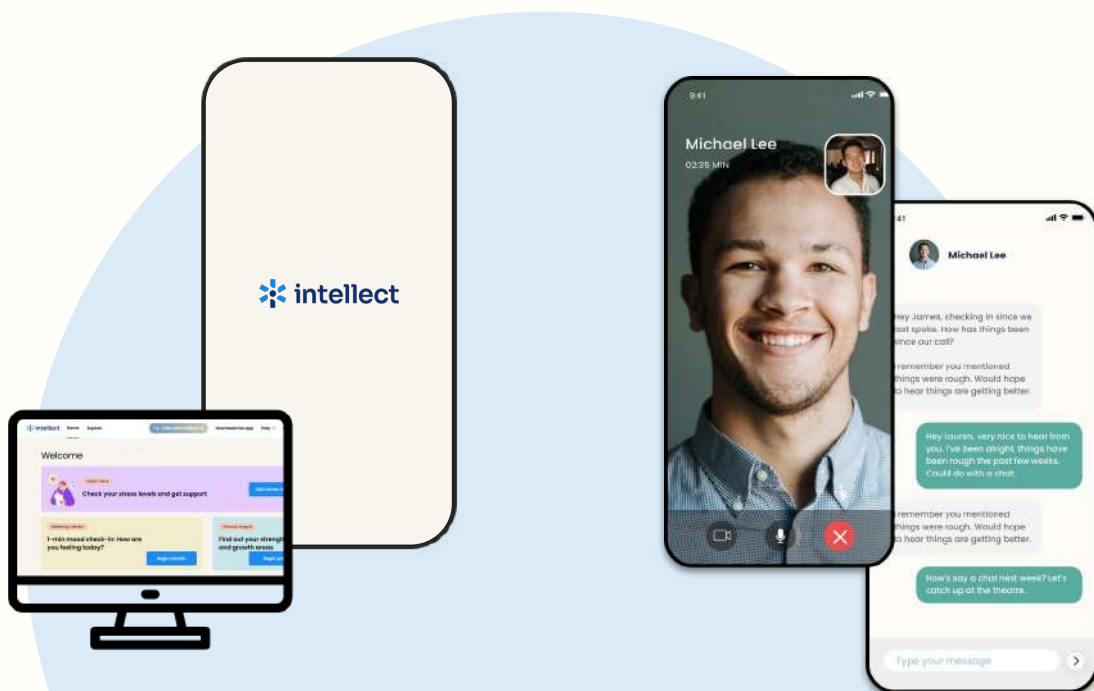
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Strategies for Recovery

Time	Habit	Duration
Morning	2-minute box breathing	2 minutes
Afternoon	Standing desk stretch + 5 minute walk	7 minutes
Night	Digital detox + 10 minute reflection	15 minutes

From Insight to Action: Put Your Skills to Work Today!

Incorporate recovery into your daily schedule through **immersive self-guided learning modules** complemented by **personalised 1:1 coaching support**



Quick Stretches and Exercises for Recovery

Guided exercises to kickstart your recovery journey and discover the benefits of practising recovery in your daily routine

1:1 Coaching

Discuss with your coach on incorporating recovery practices into your physical activities

Take charge of your mental health today!

Go on Intellect Web (<https://app.intellect.co>) or download the Intellect app now and embark on a journey of personal wellbeing.

