

## By Dan Go

Today's issue is brought to you by [High Performance Founder Private Coaching](#). We help high achieving entrepreneurs get lean, boost energy & build confident looking bodies. If you're an entrepreneur who's looking to get into your best shape in a way that fits your busy lifestyle

[For Strategy Call](#)

## Here's Your 4 Minute Friday

Prioritize your recovery alongside your workouts. It's when your body adapts to exercise stress and unlocks real gains. Intense workouts cause muscle breakdown, energy depletion, and fluid loss. Elevate your recovery for enhanced adaptation, allowing you to improve fitness with consistent intensity. The idea of constant activity is misleading; without proper recovery, overtraining and breakdown persist. Optimize your recovery strategy to swiftly restore and surpass your baseline.

### #1 - Post Workout Box Breathing

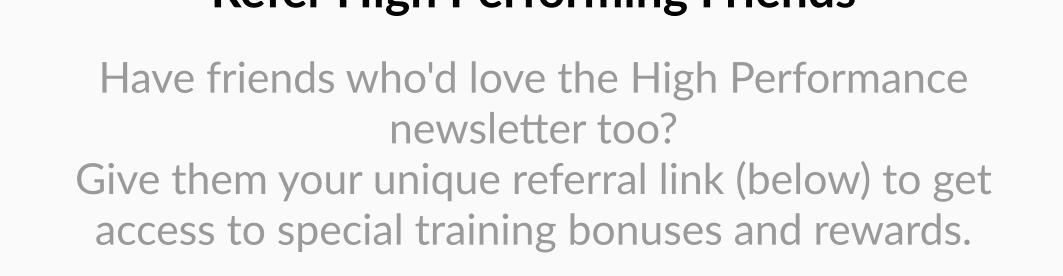
Doing a quick breathing exercise allows you to bring your body into a parasympathetic mode (aka. rest and digest mode). This helps your body prioritize recovery right after you're done a workout.

### #2 - Eat a Meal with Protein & Carbohydrates

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### #3 - Hydrate with Electrolytes

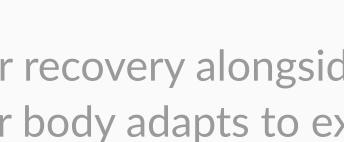
Water helps thin the blood while moving nutrients and oxygen through the body. It can help cell-repairing nutrients get to the recovered area faster. Studies show that you can lose as much as 3 to 4 liters of water an hour depending on the type of exercise you do.



## Client of the week - Colin, Entrepreneur

Colin is an entrepreneur who wanted to lose weight and get healthy so he could become a better example to his kids. His main goal was to drop the weight (especially around the belly) and take off his shirt at the pool with confidence. In 6 months he's dropped 54 lbs while fitting into his old suits he used to fit in 10 years ago. His kids told him that he lost his tummy and he's feeling confident at the pool again.

If you're an entrepreneur who wants to be confident in your body and increase energy in a way that fits your busy life click here for a [strategy call](#).



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