

# Recovery and Repair

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Every day we use ourselves up little by little, and at night we repair ourselves during sleep. Generally, the repair is never fully complete. Wear and tear tends to outrun repair. This is aging.

How fast and how much we age depends on how much we wear ourselves out and how well we repair ourselves. Know when to take it easy when your body needs to catch up on repair. Do not push yourself when you need to rest your body. You are not indestructible.

A hard days work by the hands, arms, neck, and back requires rest to repair that days wear and tear. Otherwise, damage will outrun repair over the months or years of this work, resulting someday in chronic pain or even disability.

The formula for speedy and complete repair is...

Rest/Relaxation and Stretching

After a hard days work give yourself time to unwind. Use a relaxation technique to recover physically and emotionally. Stretch out your muscles so they can recover and repair with good flexibility. Get good nutrition and get a good nights sleep.