

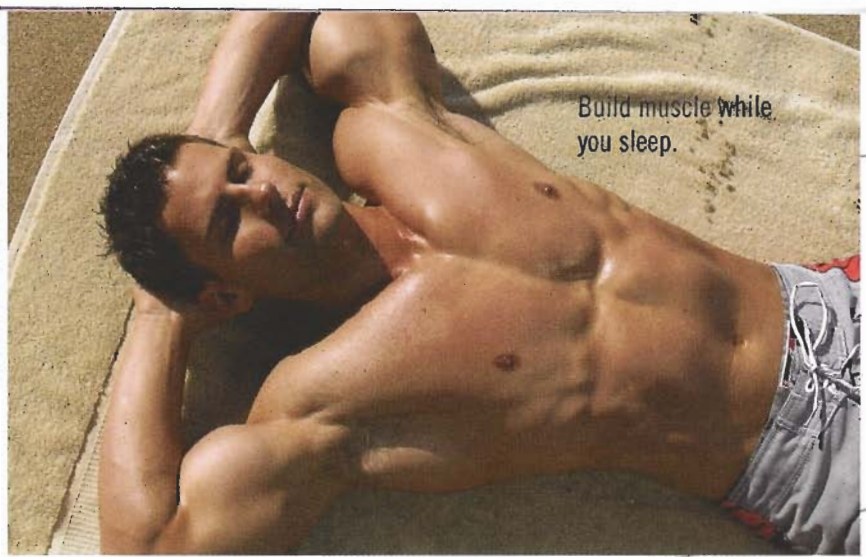
By Joseph A. Arangio, M.S., C.S.C.S.

5 RECOVERY SECRETS REVEALED!

RECOVERY SECRET #1 SLEEP AT LEAST 7.5 HOURS EVERY NIGHT

You get up, hit the gym and then burn the midnight oil at work—between this organized chaos you feed your hungry muscles. And at the end of the day, you manage to squeeze in a few hours of shut-eye before doing it all over again in the morning. Sounds like a good schedule, right? Not really, according to James Maas, Ph.D., sleep expert from Cornell University and author of *Power Sleep*. In order for your muscles to blossom, they need quality sleep.

Here's the reason: Growth hormone (GH) is a muscle-building, fat-melting hormone secreted by your brain—particularly when you are in the deepest stages of sleep. It's like Miracle-Gro for your muscles. To improve your chances of releasing GH, go to bed and rise at the same time, getting 7.5 to 9 hours of sleep on a daily basis, says Maas. (Yes, this includes weekends.)



Build muscle while you sleep.

RECOVERY SECRET #2 AVOID ALCOHOL BEFORE BEDTIME

In the movie "Moonstruck," Rose Castorini talks to her husband Cosmo—who's passed out in bed after one too many drinks, "You drank too much and now you sleep too hard, and later you'll be up when you should be down." In other words skip the late-night cocktail, Elvis.

The tranquilizer effect of booze prevents you from reaching the deep, restorative stages of sleep—which leads to daytime sleepiness, says John P. Galgon, M.D., founder of the LVHNN Sleep Disorders Center in Allentown, Penn. And without quality sleep, you'll miss out on a healthy dose of your body's natural healing hormones.

Worse yet, drink alcohol before you hit the sack and you'll annoy your bed partner with loud snoring, plus jeopardize your health. "Alcohol relaxes the soft tissue in your throat, which results in snoring and obstructive sleep apnea. If left untreated, sleep apnea can cause high blood pressure and other cardiovascular disease," says Dr. Galgon. Instead of a nightcap, try Tempur-Pedic's Original Swedish Neck Pillow to encourage proper neck position and a better slumber (\$70, tempurpedic.com).

TOP AMERICAN SPA GETAWAYS

Reward yourself with a relaxation vacation

After you've hauled the kids, beach toys and other vacation survival items across the hot sand you may be able to steal some needed shut-eye—that is, if you're not fending off hungry seagulls brazen enough to snatch the half-eaten sandwich out of your grip. In other words, sometimes a vacation isn't much of a break. These hotel/spa escapes are guaranteed to indulge your senses in relaxing goodness—even if it's only for a long weekend.

W New York, NY
bliss 49
whotels.com

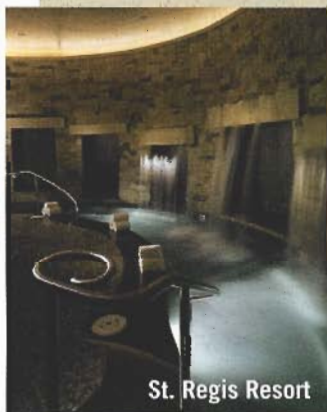
Located in the heart of midtown Manhattan, this uber-trendy hotel provides the best of both worlds—a hip New York City gathering scene for those who want to be seen and a peaceful in-house spa experience.

St. Regis Resort, Aspen, CO
Remède Spa
stregisaspen.com

Although this soothing spa retreat is nestled in the chic ski town of Aspen, the picturesque vistas are guaranteed to satisfy all year long. Don't miss the invigorating spa waterfalls and tranquil vapor caves.

The Phoenician, Scottsdale, AZ
Centre for Well-Being
thephoenician.com

Reflect in the "Meditation Atrium" or lounge in one of nine sparkling pools after some serious pampering. The lush vegetation and breathtaking Southwest scenery is grounds for a second visit.



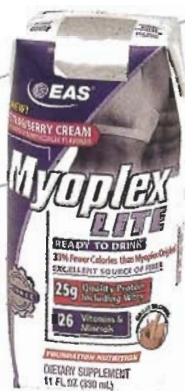
St. Regis Resort

RECOVERY SECRET #3 DINE EVERY 3-4 HOURS

Here's the drill: Enjoy five to six portion-controlled meals throughout the day. The idea is to dine every three to four hours to keep your metabolism running at warp speed. Combining a lean protein with an unprocessed carbohydrate (think oats, fruits and vegetables) will provide you with the essential nutrients necessary to sculpt your physique and boost recovery—while discouraging high insulin levels and, as a result, fat storage. In general save the pizza, cheesesteaks and other highly processed treats for your weekly splurge day.

RECOVERY SECRET #4 REFUEL WITHIN 30 MINUTES AFTER YOUR WORKOUT

Drink a portion of carbohydrate and protein no longer than 30 minutes after you train to encourage muscular growth. A liquid meal improves the rate at which nutrients enter your bloodstream and promotes lean muscle. If you're pressed for time, grab a convenient pre-mixed meal replacement, like a Myoplex Lite ready-to-drink. For less than three bucks per serving you get all the muscle-building goodies you need. Better yet, if you've got access to a blender, liven up your post-workout smoothie with one frozen banana, one cup skim milk, two cups of crushed ice and a Myoplex Lite packet.



RECOVERY SECRET #5 GET A MASSAGE

After a tough workout or a long layoff from exercise, it's okay to feel sore and stiff. This tenderness, called delayed onset muscle soreness (DOMS), is a normal response to a new training variable (adding an unfamiliar exercise or increasing reps from 6 to 12, for example). Scientists theorize that the pain is due to the toxic chemicals that linger in your muscles after intense, unusual physical activity.

But what good is a workout that puts you out of commission for a week? News flash: Don't stop your exercise plan; instead perform light cardiovascular exercise, adjust workout intensity and de-stress with a massage, says Colin B. Hoobler, M.P.T., physical therapist and owner of c.h. Physical Therapy and Personal Training in Portland, Ore.

Massage tenderizes muscle knots, increases blood flow and boosts temperature—all do a nice job of shuttling good nutrients into the muscle, removing waste, and potentially accelerating recovery. "Massage can help you perceive greater flexibility, which can help you return to your workout sooner," says Hoobler. Get a traditional sports massage every month (check out the first-class spa getaways on page 18) or use a low-cost, portable alternative like The Stick (\$29.95, thestick.com).

LEISURE LIFE

Must-have creature comforts improve your down-time



OMEGA SEAMASTER WATCH

Understated bling. This timepiece is stately yet won't break the bank.

\$1,100, omegawatches.com

SWISS ARMY® ELMES SHIRT

Comfortable and functional. Stash your cell phone in the hidden pocket.

\$89.50, swissarmy.com



VON ZIPPER FERNSTEIN SHADES

Rock these aviators while you hum the "CHiPs" theme song. License and registration, please.

\$89.95, vonzipper.com



IRIVER T10 ULTRA-PORTABLE MUSIC PLAYER

This mini-jukebox holds more than 30 hours of music—enough room for your entire AC/DC collection.

\$199, iriveramerica.com

