



TruFitGym

DOMS

DELAYED ONSET
MUSCLE SORENESS

WHAT YOU NEED TO KNOW

EPSOM SALT

ADD TO BATH AND SOAK FOR
20 MINUTES

MAGNESIUM

FOUND NATURALLY IN FIBER-RICH
FOODS OR IN SUPPLEMENTS

FOOD

TRY TART CHERRY JUICE,
BANANAS, PINEAPPLE, EGGS OR
FISH AFTER A HARD WORKOUT

PAIN RELIEVER

USE ADVIL OR TYLENOL
IN MODERATION

FOAM ROLL

FOAM ROLL AFTER EXERCISE
AND EACH DAY AFTER

HYDRATE

DRINKING LOTS OF WATER CAN
FLUSH THE TOXINS OUT OF
YOUR BODY THAT CAUSE PAIN

