

Integrity

Choosing courage over comfort; choosing what is right over what is fun, fast, or easy; and choosing to practice our values rather than simply professing them.

Brene Brown.

Happiness is the real rich.
Health is the real wealth.
Kindness is the real cool.
HealthFit is the real deal.

PROTOCOLS & THERAPEUTIC USE



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SAUNA PROTOCOLS

It is most important to work with a time and temperature that you are comfortable with and to gradually progress, like you would with exercise. Don't push too hard, too fast.

FOR GENERAL HEALTH:

There seems to be a linear relationship between frequency of saunas and overall wellbeing, including better cardiovascular health, better mental health, reduction in neurological disease risk and better stress management. There is benefit from as little as 1x/w but more from 4+ p/w. The ideal amount of time is 1 hour + of total sauna per week and that can be split up over multiple sessions. For general health, it is ideal to get the temperature over 80 degrees.

- > **Sessions:** 1-7 p/w
- > **Time:** 1 hour +
- > **Temperature:** 80 degrees +
- > **Rest in between sessions:** 5 minutes +

FOR BODY COMPOSITION:

There is some research that indicates that using the sauna post workout 1x/w for multiple and longer bouts elicits an increase in growth hormone release. This is useful if you wish to increase muscle mass and decrease bodyfat. If muscle gain is your goal it is not recommended that you use the ice bath within this sauna protocol because of the anti-inflammatory benefits, it may blunt the anabolic effects.

- > **Sessions:** 1x/w
- > **Time:** 2+ 30 minute bouts with rests in between
- > **When:** Later in the day

It is important to note that you will be dehydrating your body as you sweat and you will also be losing electrolytes so please use the provided electrolytes and combine with water to keep hydrated as you sauna. Dehydration can be serious both acutely and chronically.



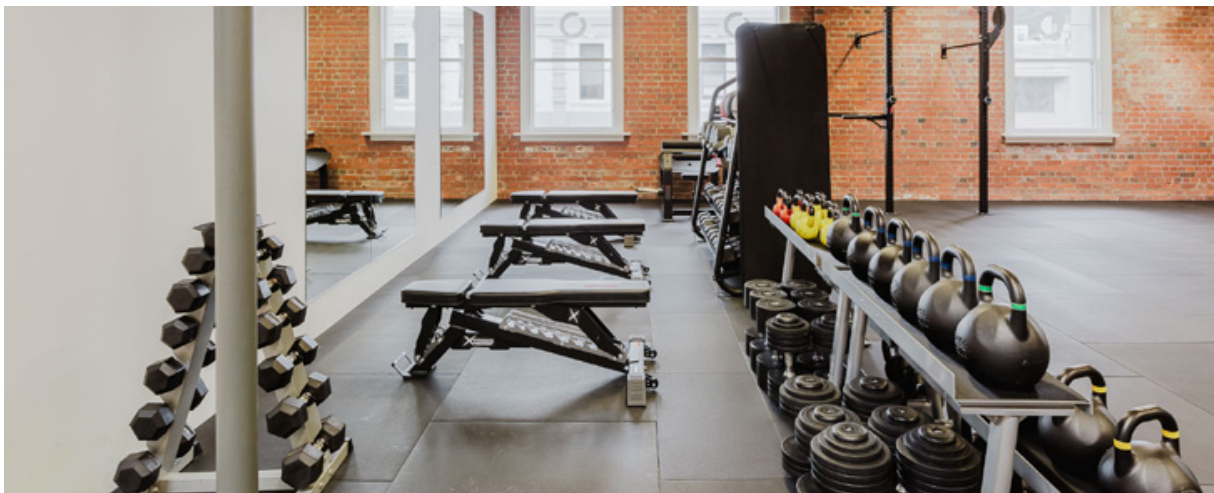
COLD PLUNGE PROTOCOLS

It is most important to work with a time and temperature that you are comfortable with and to gradually progress, like you would with exercise. Don't push too hard, too fast. Also do not perform deliberate hyperventilation or any other activity that may cause you to feel dizzy or faint before getting into water.

In regards to selecting the correct temperature, the general rule is 'uncomfortable, but safe'. There are benefits anywhere from 15 degrees celsius for longer periods of up to 60 minutes, to 4 degrees celsius for shorter durations of around 20 seconds.

The benefits of cold water immersion include:

- > Increased cognitive function
- > Increased overall resilience
- > Pain management
- > Decreased inflammation
- > Increased recovery from training*
- > Metabolic enhancement



PROTOCOL FOR GENERAL WELLBEING AND RESILIENCE:

Temperature and time: Whatever is uncomfortable, but safe. Consider progressive overload principle.

Note: If your goal is metabolic enhancement, end on cold and let your body work to heat yourself up.

PROTOCOL FOR RECOVERY:

- > **Temperature:** Whatever is uncomfortable, but safe. Consider progressive overload principle.
- > **Time:** Less than 5 minutes
- > **When:** Post training, unless your goal is to gain muscle*.

*Short cold water immersion sessions (<5 minutes) show a positive association with muscle power, perceived recovery and decreased muscle soreness. However it can inhibit muscle growth, so if this is important to you it is recommended that you cold plunge before training or wait 5-6 hours post training.

CONTRAST THERAPY

This form of therapy has been used for many years mostly by Scandinavian countries and often referred to as the 'Nordic Cycle'. It may elicit many health benefits. Some of the benefits may include the benefits listed in both the cold water therapy and sauna benefits as well as some unique ones too, such as improved injury recovery, reduced swelling, decreased muscle fatigue and improved circulation.

If you are new to this we would recommend taking it easy and not pushing too hard with the heat, cold, and time spent in each.

An example of a starting protocol:

- > **When:** Have one designated day to do this
- > **Sauna:** 15 minutes at 70 degrees
- > **Cold:** 1-3 minutes at 12 degrees
- > **Rest:** 10 minutes and end on cold

From here you may tweak the time, temperature and even number of cycles performed.

