Tip of the week – **know when to take a break**

Everyone knows the importance of regular exercise, however, rest and recovery is just as important for some of the following reasons:

* To assist progression and enhance future performance
* To enable muscles to repair, rebuild and strengthen
* To aid with injury prevention
* To restore vital energy stores

It is this rest and recovery that will enable you to reach a higher level of fitness, so don’t be afraid to take a few days off – sometimes it’s for the best and you’ll return feeling fresh, rejuvenated and stronger than ever.