

Fitness Tip of the Day: Sleep

One of the biggest health and wellness issues that people ignore is their quality of sleep.

People will spend time foam rolling and doing restorative workouts. They'll spend big money on massage and other soft tissue work but then they'll skip out on the most beneficial and restorative thing we can give our bodies. A good nights sleep!

I'm not a proponent of mandating everyone get X hours of sleep per night. Find what's right for you and make it a priority.

Turn off the TV, smart phone, tablet and whatever else is distracting you and get a good night of sleep.

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