



## **REST AND RECOVERY WEEK**

### **OVERALL RESOURCES:**

[Mindful Meanderings Podcast](#)

### **SLEEP**

[Why Is Sleep Important?](#)

[Nap Length, CDC](#)

### **OVER EXERCISE**

[Exercise, training and injuries](#)

[Is it okay to push through the pain while exercising?](#)

[How long can I rest without losing muscle?](#)

### **TOXINS**

[Does sweating cleanse toxins?](#)