

RECOVER · PILLAR SERIES

WIND UP & WIND DOWN: YOUR SECRET WEAPON

Most athletes have a pre-game routine – same stick tape, same music, same warm-up. Routines prepare the body and mind to perform. The same principle applies every single day.

A race car doesn't go from parked to full speed instantly, and it doesn't slam the brakes after the finish line. Your body works the same way.

01 THE WIND-UP ROUTINE

How you prepare your body and brain for the day. Instead of grabbing your phone or rushing out the door:

- Get sunlight within 30 minutes of waking
- Big glass of water + electrolytes – Matty's morning cocktail: pink Himalayan salt + lemon juice
- Balanced breakfast: protein, carbs, healthy fats, and colour
- A few deep breaths – pause, ground yourself
- Light mobility or stretching to get the blood flowing

These habits wake up your nervous system, improve focus, and set up school, training, and life.

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02 THE WIND-DOWN ROUTINE

All-day go mode – school, training, homework, screens – then expecting to fall asleep instantly doesn't work. Your brain needs a transition period before recovery can begin:

- Screens off 30–60 minutes before bed
- Read a book
- Light stretching or mobility work
- Journaling or gratitude practice
- Deep breathing, lights low

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03 WHY ROUTINES MATTER

Success doesn't come from doing big things occasionally – it comes from doing small things consistently. A great morning routine helps you perform better; a great evening routine helps you recover better. Together they create a cycle that supports development, health, and performance.

> **Your challenge this week** Pick one morning habit and one evening habit. Keep it simple – water when you wake up, 10 minutes of reading before bed. The goal isn't perfection; it's consistency.

TESTIFY TAKEAWAY

ELITE PERFORMANCE ISN'T BUILT IN A SINGLE WORKOUT. IT'S BUILT IN YOUR DAILY ROUTINES.

Small habits repeated every day create big results over time.