



5 MOST IMPORTANT HABITS I'VE LEARNED IN 10 YEARS

the muscle therapy .

musculoskeletal | clinic

1

MOVE EVERY DAY — NOT JUST WHEN SOMETHING HURTS

You don't need a full workout. A few minutes of mobility work, especially through the hips, spine, and shoulders, keeps the body doing what it's designed to do. The people who do best long-term aren't the ones who stretch hardest after an injury, they're the ones who move a little, often, before anything goes wrong.

Try this: a slow, full-body mobility flow. This can be done whenever, wherever. You just need 2 minutes to start with [Watch the full routine here →](#)

Why it matters: prevention is quieter than treatment, but it's where most of the real work happens.

2

PROTECT YOUR SLEEP LIKE IT'S PART OF THE TREATMENT

Sleep is when most of the actual repair happens. Tissue recovery, inflammation regulation, nervous system reset. No amount of hands-on work undoes the effect of consistently poor sleep.

Try this: pick one small, consistent wind-down cue, screens off 30 minutes before bed, some breath work or a light bit of yoga. Consistency matters more than the specific ritual. [Here's my go to breath work exercise →](#)

Why it matters: you can't out-treat a body that isn't getting the chance to recover.

3

STAY AHEAD OF YOUR HYDRATION, NOT JUST ON TOP OF IT

Dehydrated muscle tissue is less elastic, recovers more slowly, and tends to register more pain, often before you'd even think to connect the dots. It's one of the simplest things to influence, and one of the most overlooked.

Try this: rather than reacting to thirst, build in a few set points through the day, first thing in the morning, with meals, around training or treatment. Little and often beats one big bottle at the end of the day.

Why it matters: a well-hydrated muscle is a muscle that can actually do the work of repairing itself. It's an easy thing to get right, and an easy thing to overlook.

4

GIVE YOURSELF FIVE MINUTES OF NOTHING

Most people are either switched on or asleep, very few spend any time deliberately doing nothing. But that in-between state, where the body can properly downshift, is where a lot of tension actually starts to release.

Try this: five minutes, no phone, nowhere to be. Sit, breathe, stare out of a window. It'll feel unproductive. That's the point.

Why it matters: this is the part most people skip, and it's often where the real recovery happens.

5

KEEP SOME LOAD IN YOUR LIFE

Strength training isn't just for performance, it's one of the best things you can do for long-term resilience, joint health, and confidence in your body. You don't need to lift heavy or train like an athlete. You just need to keep some load in the picture.

Try this: two short sessions a week, focusing on the basics, squat, hinge, push, pull, carry. Simple, consistent, and adaptable as you go.

Why it matters: a body that's used to a bit of challenge, handles the unexpected far better than one that isn't.

**YOUR BODY IS YOUR
LONGEST INVESTMENT.**

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