



SAUNA

The Mayans used sweat houses thousands of years ago, 1 in 3 people in Finland still use saunas, & it's never been easier to get one yourself, for your own home! The benefits of sweat therapy can include reducing stress, reducing pain, detoxification & improving cardiovascular health, all from just sitting & sweating, so why the popularity?

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Muscle Recovery

The heat of a sauna helps strained muscles by increasing white blood cells flow to damaged or injured areas. Sauna has also been proven to increase levels of human growth hormone, which help repair injured muscles by a substantial amount.

Reduce Muscle & Joint Pain

Using a Sauna can relax, & then dilate blood vessels, which increases blood flow & reduces tension in joints, relieving sore muscles.

Improve Sleep & Skin

Sauna can cause the skin & core body temperatures to remain higher throughout the night. A 15-minute sauna session one or two hours before sleep can retain the body temperature for one to two hours longer, resulting in a longer & more peaceful sleep. Sweating, & retaining body temperature also results in improved circulation, which can have substantial benefits for your skin.

Relaxation & Reduce Stress

Sauna use can help the body & mind adapt to stress & reduce the risk of depression & mental health disorders. Sauna provides stress relief in a number of ways, it's a warm, quiet space without any distractions. The heat from the sauna relaxes the muscles, improves circulation & stimulates the release of endorphins. Endorphins are the body's all natural "feel good" chemical, & their release provides that well known after sauna glow.

Optimal Sauna Usage

There is no set in stone perfect sauna routine, however if you're just getting started, a couple 15 minute sessions throughout the week is a good start. Combining multiple sessions with a cold water plunge straight afterword has been known to be an optimal practice for hot & cold water therapy. However, the most important thing when knowing how long & how often to sauna, is to listen to your body!

Who shouldn't use Sauna?

Sauna can be extremely beneficial when practiced safely, but anyone with underlying heart, blood pressure & circulatory issues should consult their general practitioner or doctor first. Regular sauna sessions has also been linked to reduced fertility in males, however this has been proven to be reversible.