

Outside
SURVIVAL GUIDE
MAYA GABEIRA
CONCIERGE MEDICINE
AVALANCHE SAFETY
WINTER JACKETS
OUTSIDEONLINE.COM
OCTOBER 2014

SPECIAL REPORT

UNPLUG YOUR PHONE

WHY DIGITAL DETOX IS THE KEY TO HAPPINESS

LIVE BRAVELY

Outside

COULD YOU SURVIVE?

STRUCK BY
Lightning
Lost

IN THE WOODS

BURIED IN AN
Avalanche

TRAPPED UNDER
Water

25

STRATEGIES
THAT WILL SAVE
YOUR LIFE

+
**The New
Rules
of Travel**

PROVEN TIPS TO SAVE
YOU TIME AND MONEY

PLUS:
ESSENTIAL
GEAR THAT WILL
KEEP YOU

Alive

+
Fitness Rx
THE HEALTH CARE
PLAN FOR ATHLETES

**Secret
Superfoods**
SIX WAYS TO EAT SMARTER





Damage Control

DON'T JUST SIT THERE. GET THE MOST FROM YOUR TRAINING BY RECOVERING RIGHT.

by Erin Beresini

1. The Stick Sprinter

With the Sprinter, you control the pressure, so rolling out large muscles like quads or hamstrings takes just a swipe. And because it's thin and only 19 inches long, it travels easy, too. \$35; thestick.com

2. NormaTec MVP Recovery System

Hook up the compression boots (not shown) to boost circulation to tired muscles. Arm and hip sleeves (from \$450) complete the package. \$1,750; normatecrecovery.com

3. 110% Double Life Shin/Calf sleeves

The tried-and-true rest-ice-compression-elevation (RICE)

PELTON PRESCRIPTION

CANNONDALE PRO CYCLING VETERAN TED KING'S RECOVERY SECRETS —E.B.

"Getting out of your dirty clothes is kind of a mental-recovery straightaway."

"Post-race I make stir-fry: heavy on the vegetables, spiced up with Sriracha; a complex carb like brown rice; and an egg on top. Prep and cooking is so easy, you're eating within the 60-minute glycogen-restoring window."

"Nap. If you sleep an extra hour every day, each week you're sleeping an entire night more than someone who doesn't nap."

recovery protocol has never been simpler, thanks to 110%. Its compression sleeves have pockets that hold the included ice packs. Also available for knees, thighs, and arms. From \$50; 110playharder.com

4. Marc Pro electrical muscle stimulator

Electrical stimulators like the Marc Pro create small contractions that increase blood flow to sore tissue, flushing out waste and delivering more oxygen and nutrients for faster healing. Researchers aren't yet convinced the process enhances performance, but they do think it reduces soreness. \$650; marcpro.com

5. TheraBand Stretch Strap

Studies suggest that maintaining a normal range of motion, like being able to bend forward 90 degrees, helps prevent injuries. The Strap allows you to loosen up stiff joints with static and dynamic stretches. \$27; theraband.com

6. The Orb massage ball

Tiny knots develop in muscles when they're injured or overworked. Applying pressure is the best way to help them release. No time for a massage? The Orb is the perfect alternative. Roll around on one until you find a knot, then press down and leave it there for as long as you can stand it. \$20; pro-tecathletics.com

7. TriggerPoint Cold Roller

The stainless-steel Cold Roller gets deep into calves, hamstrings, quads, and shoulders, thanks to its hard, rounded design. And if you leave it in the freezer for an hour, it ices your muscles at the same time. Just be sure to wipe it down with a warm towel before you use it, or you'll get freezer burns on top of your knots. \$80; tptherapy.com

8. Deep Sleep with Andrew Johnson app

Lack of sleep not only hurts performance, it impairs recovery by reducing protein synthesis and increasing inflammation. Deep Sleep, a meditation app from hypnotherapist Andrew Johnson, helps quiet prerace nerves to help you pass out faster. For Android, iOS, and Windows; \$3