

## DAY 17 – Rest day/Lepopäivä

An active rest is a great form of relaxation.

Take your dog for a walk or go for a hike to the nature.

Remember to drink enough liquids and eat healthy meals.

Some good ideas for recovery after trianing and games:

- [https://www.youtube.com/watch?v=aVeis\\_qoH84](https://www.youtube.com/watch?v=aVeis_qoH84)