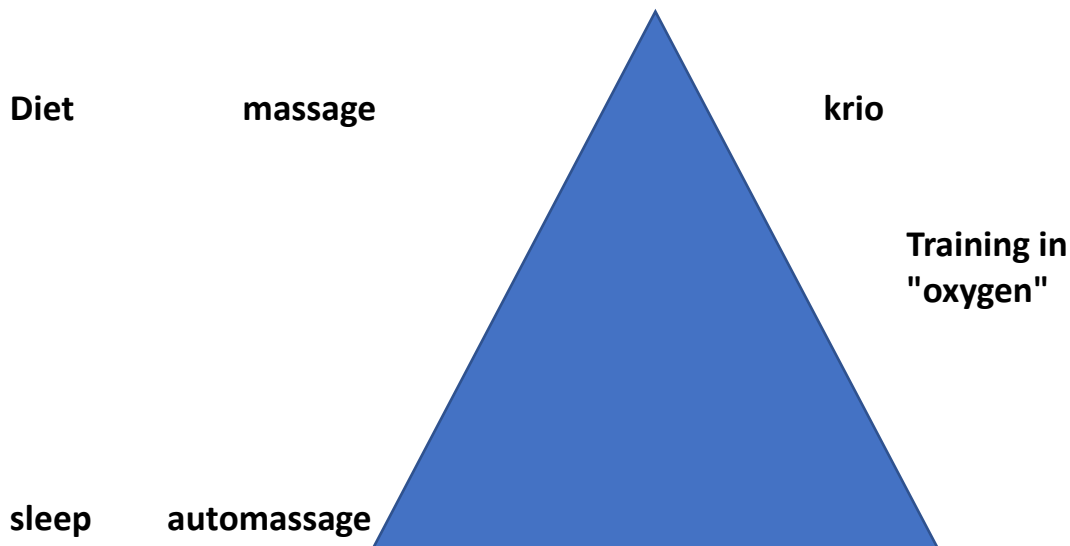


**Script: regeneration**

1.File - Regeneration part 1

2.Tasks



**I. Part two – consolidation**

Lecturer: On the screen you will see the content of an article from a certain "twisted" newspaper. Read the article and mark "P" - true, "F" - false

.... Anyone who plays sports should train 7 days a week, so that the body gets used to the effort P/F

The best thing to do after a workout is to change clothes and start another workout immediately afterwards to take advantage of the warmed-up body P/F

Resting after training is not very important, it is more important to drink 8 liters of water, necessarily warm P/F

One of the best ways to recover is to get a good night's sleep, or after your workout go into a barrel of water and ice, or a cryogenic chamber, and then get a massage P/F

Answer to the task

That is, in summary, a good night's sleep, combined with wellness, is the best way to regenerate.

3. Video - Regeneration part 2