

# How to Improve Your Heart Rate Variability (And Your Workouts)

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- Get plenty of deep, restful sleep
- Consume enough magnesium
- Maintain adequate fluid intake
- Consider meditation
- Reduce sympathetic stressors like coffee and stimulants
- Engage in more low intensity aerobic training
- Reduce alcohol intake



# Variability Training For Mind And Body

**KJ Lindholm-Leary**



## **Variability Training For Mind And Body:**

Immerse yourself in heartwarming tales of love and emotion with Explore Love with its touching creation, **Variability Training For Mind And Body** . This emotionally charged ebook, available for download in a PDF format ( PDF Size: \*), is a celebration of love in all its forms. Download now and let the warmth of these stories envelop your heart.

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