

# 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

**G Orfield**



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

Delve into the emotional tapestry woven by Crafted by in **Variability Training For Mind And Body** . This ebook, available for download in a PDF format ( PDF Size: \*), is more than just words on a page; it's a journey of connection and profound emotion. Immerse yourself in narratives that tug at your heartstrings. Download now to experience the pulse of each page and let your emotions run wild.

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