

# Benefits of Red Light Therapy On Sports Performance & Recovery



Whether you're training hard or recovering from exercise, your muscles and body need energy and healing support to perform at their best.

**Red Light Therapy** uses safe red and near-infrared light to help your muscles recover faster, reduce soreness, and improve overall athletic performance.

## HOW IT WORKS

- Red light boosts energy production in your muscle cells, helping them work better and recover faster.
- It reduces inflammation and muscle soreness after workouts.
- It supports tissue repair and speeds healing from injuries or strains.

## BENEFITS YOU MAY NOTICE

- Faster recovery between workouts
- Less muscle soreness and stiffness
- Improved strength, endurance, and flexibility
- Reduced risk of injury

## GOOD TO KNOW

Red Light Therapy is painless, non-invasive, and can be used regularly to help you train harder and recover smarter.

## TRAIN STRONGER, RECOVER FASTER

Red Light Therapy helps your body repair and recharge, so you can push your limits and bounce back quicker — naturally.

