

CME Group Tour Championship

Friday, November 21, 2025

Naples, Florida, USA

Tiburon Golf Club

Minjee Lee

Quick Quotes



Q. Her with Minjee. I just had one quick question. Nelly was talking about it a little bit today. How has your recovery process changed over your years?

MINJEE LEE: Yeah, definitely different now that I'm 11 years into my career. I think when I was early 20s, 18, 19, 20, I was able to bounce back and the next day I would be pretty recovered without doing too much.

Now I feel like I have a whole -- a much more extensive routine. Now I think about nutrition and how I'm going to feel fresh for the next day. I try to do all the things that will put me in the best position to play my best golf.

I do hot and cold baths, take my legs over on the bike for recovery, do a little bit of gym, because that's what makes me feel good.

And obviously I have my osteo on the road, so get some treatment here and there where I need. Yeah, I feel like I have a really great system, and now I've got to look after my body. That comes with age. It definitely has changed over the years.

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