

Exercise Tips



Let's move our bodies!
Check out this tip sheet for a few ideas of what you should keep in mind to move your body safely.

	What?	How?
Be Aware of Your Body	If something doesn't feel right, stop and reassess what you're doing.	Be mindful of your movement. Where are you <i>supposed</i> to be feeling the exercise and where do you <i>actually</i> feel it?
Warm Up and Cool Down	Help prevent injuries by giving your body time to adjust.	Move slowly at the start of activity, and cool down with slow stretching.
Pace Yourself	Have at least one recovery day each week.	Make your recovery day fun! How about a relaxing bath?
Mix it Up	Reduce your risk of overtraining.	Try different ways to move, and find something new that you love!
Double Check Meds	Before you head out, double check that you took any and all prescribed medications.	Consider setting a timer to remind you to take your medications every day.
Stay Hydrated	You can lose around 50 ounces of fluid for every hour of exercise.	Bring a water bottle! Drink water before, during and after exercising.
Be Weather Aware	Take it easier in hot weather.	Wear clothing and sunscreen to protect yourself from the elements.
Check Your Form	Try to get the technique right from the beginning to ensure you're using your muscles correctly.	Consider working with a personal trainer at your local health club.
Check Your Gear	Make sure your shoes fit properly and you have everything you need for the activity.	Carry a small gym bag or purse with you that contains essential items like extra socks, a towel, water, a carb snack and meds.