

Warm-Up & Cool-Down



Warm-up

Warming up your muscles prior to exercise is like warming up your car. You will increase the temperature and flexibility of your muscles, and be more efficient and safer during your workout.

Warm-up tips

- Warm-up for 5-10 minutes. The more intense the activity, the longer the warm-up
- Whatever activity you plan on doing (running, walking, cycling, etc.), do it at a slower pace (jog, walk slowly)
- Use your entire body. For many people, walking on a treadmill and doing some modified bent-knee push-ups will suffice.
- Don't shortchange yourself. Skipping the warm-up could lead to injury or poor Performance

Cool-down

Cooling down after a workout is just as critical as warming-up. After working out, your heart is still beating faster than normal, your body temperature is higher, and your blood vessels are dilated. This means if you stop too fast, you could pass out or feel sick. Now is also the time to stretch, not before exercise, when your muscles are warm and more flexible.

Cool-down tips

- Walk for about 5 minutes, or until your heart rate gets below 120 beats per minute
- Stretching
 - Hold each stretch 15-30 seconds. If you feel you need more, stretch the other side and return for another set of stretching
 - The stretch should be strong, but not painful.
 - Do Not Bounce!
 - Remember to breathe while you are stretching.
 - Don't skip your cool-down. You will feel better throughout the rest of the day if you cool-down properly

Disclaimer:

Exercise is not without its risks and this or any other exercise program may result in injury. To reduce the risk of injury in your case, consult your doctor before beginning this exercise program. The advice presented is in no way intended as a substitute for medical consultation, KUTV and the Utah Department of Health disclaim any liability from and in connection with this program. As with any exercise program, if at any point during your workout you begin to feel faint, dizzy, or have physical discomfort, you should stop immediately and consult a physician.
