

Exercise Safety Guidelines and Recommendations

In the interest of your safety, it is important to check with your physician before beginning any exercise program if you have a chronic health condition or injury. Always exercise according to your fitness level and capabilities. If you have any questions, please seek the guidance of a health professional.

Start slow

If you are new to exercise, focus on proper body alignment, form, and gradually increase your activity frequency, intensity, and duration.

Pain is not good

Exercise should require some effort and be a little uncomfortable; however, pain of the sharp, acute, or recurring kind, is a warning sign you should not ignore. If you have continuing pain during exercise, stop and don't continue unless you can do so painlessly. If the pain occurs in the chest or neck area, you should contact your physician immediately.

Watch your form and posture

Keep your back aligned with a neutral spine.

Control your movements

Rapid, jerky movements can set the stage for injury. Proper form and body alignment is essential for preventing injury and making sure the correct muscles are working.

Wear proper footwear

Nothing will derail a workout program faster than wearing the wrong, worn-out, or ill-fitting shoes. This places added stress on your hips, knees, ankles, and feet.

Breathe

Proper breathing techniques are essential when training. Never hold your breath.

Stretch sore muscles

You may feel soreness after your sessions. Stretching will help relieve soreness and prevent injury. Hold stretches for 30 seconds without bouncing or jerking. Tip: Use a towel to bridge the distance between your hands if you cannot comfortably connect them. Ease yourself into the stretch, relax, and don't push or bounce. You should feel a stretch in the muscle but not pain.

Drink water

Make sure to drink water before, during, and after exercise, especially during higher temperatures.

Modify the workout

Depending on your fitness/skill level, the above workouts can be modified (slower pace, no jumping/hopping).