

# Exercise Safety Tips

*“Those who think they have no time for bodily exercise will sooner or later have to find time for illness.”*

*~ Edward Stanley*

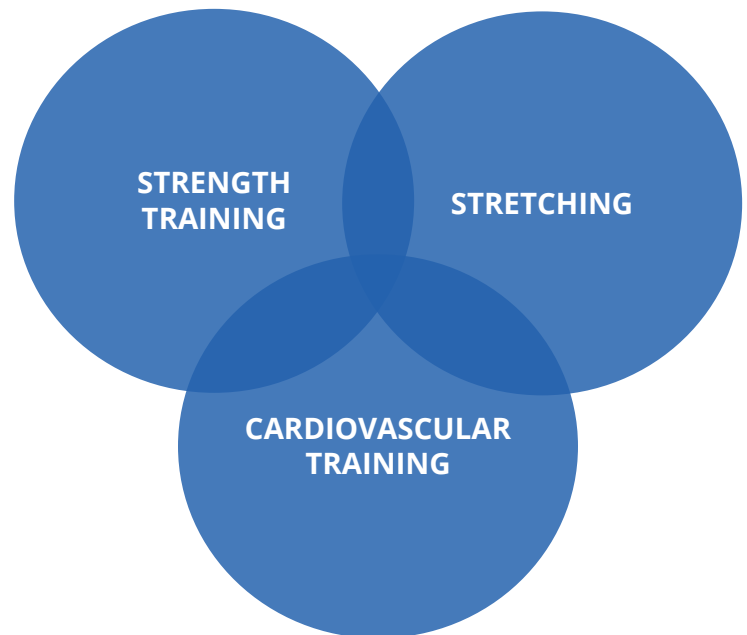


## Benefits of Exercise

The science is clear – physical exercise has numerous health benefits. It lowers your risk for chronic disease, lowers stress levels and boosts your creativity and self-confidence.

A recent study found that people who exercise at least 5 times per week have 45% fewer sick days and experience much milder symptoms when they do get sick. With that kind of incentive, it makes sense to add a consistent exercise regimen to your wellness plan.

**FOR A WELL BALANCED APPROACH, YOUR EXERCISE REGIMEN SHOULD CONTAIN THREE TYPES OF EXERCISE: STRENGTH TRAINING, STRETCHING AND CARDIOVASCULAR TRAINING.**



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Congratulations! You've made the decision to incorporate exercise into your wellness plan.

As always, **think safety first!** You don't want to derail your efforts by getting an unnecessary injury.



Here are a few exercise safety tips courtesy of *Harvard Health Publications*.

1. Take 5 to 10 minutes to warm up and cool down properly.
2. For beginner's, start slowly and boost your activity level gradually.
3. A mix of different activities (running, biking, swimming, playing sports, lifting weights, etc.) and proper rest periods is safer than doing one type of exercise repetitively.
4. Hold off on exercise when you are sick or feeling overly fatigued.
5. If you have to reduce your exercise level for a while, ease back into it gradually to get your body used to it again.
6. Water, water, water! Drink plenty of water and stay hydrated.
7. Choose clothes and shoes designed for the specific type of exercise you are doing.
8. Good form is essential. Never sacrifice good form by hurrying to finish sets or reps of an exercise, or struggle to lift heavier weights.
9. Be mindful of the heat. Try to exercise during cooler hours or in an air conditioned environment.
10. Dress properly for cold weather workouts to avoid hypothermia.

THINK PREVENTION!



**Prevention is always better than treatment!  
Exercising safely is a proactive strategy to live longer and stay well.**