



HOW TO:



# COOL DOWN

## 1 WHAT IS A COOL DOWN?

A cool down is done after activity to lower the body temperature, heart rate, and breathing rate back to normal. It also helps lower your blood pressure slowly so you won't feel dizzy.

## 2 WHAT KIND OF ACTIVITY SHOULD I DO?

A cool down can be a lower intensity version of the activity you just did. For example, after a run you should jog for a few minutes before moving to a walk. Remember, stretching is not considered a cool down and should be completed after a cool down!

## 3 BENEFITS OF COOLING DOWN

A good cool down can reduce muscle soreness.

Some other benefits include:

- Helping your heart rate and breathing gradually return to normal.
- Preventing fainting or dizziness. This is caused by blood pooling in the extremities when vigorous activity is suddenly stopped.
- Removing waste products (such as lactic acid) which can build up during activity.
- Reduce muscle stiffness, soreness, and cramping.

## 4 HOW TO COOL DOWN

**Frequency:** A proper cool down should be done after any activity.

**Intensity:** Cool down at a lower intensity than the activity you just completed. Gradually decrease the intensity to allow your body to adapt.

**Time:** Cool downs should last 10-15 minutes.

**Type:** Any type of activity can be used for cool down as long as it is at a lower intensity and allows your breathing and heart rate to come back down to normal values.