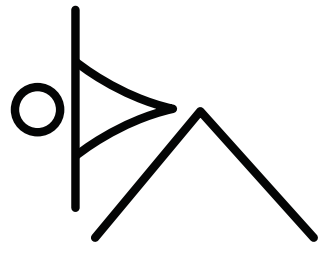


HOW TO:

# WARM UP



## 1 WHAT IS A WARM UP?

A warm up is done before exercise to prepare the body for the upcoming activity. It helps to warm the muscles and assist your circulatory system in pumping oxygen-rich blood to your working muscles.

## 2 WHAT KIND OF ACTIVITY SHOULD I DO?

A warm up should mimic the activity that you are about to do. For example: walk at a brisk pace before you start your jog. Remember, stretching is not the same thing as warming up. You should start to feel warm and your breathing rate should increase slightly when you are done your warm up.

## 3 BENEFITS OF WARMING UP

A good warm up can help you mentally and physically prepare for the activity you are about to do. Some other benefits include:

- Increased movement of blood through your tissues
- Increased delivery of oxygen and nutrients to your muscles
- Prepares your muscles for stretching
- Prepares your heart for an increase in activity (this prevents a rapid increase in blood pressure)
- Improves coordination and reaction times

## 4 HOW TO WARM UP

**Frequency:** A proper warm up should be done before any activity. This includes aerobic or resistance activity and stretching.

**Intensity:** Start at a low intensity and slowly progress to a higher intensity. You should feel warm, have a light sweat, and your breathing rate might increase slightly. If you are tired before starting the activity, try a less intense warm up.

**Time:** Your warm up should last at least 5-10 minutes. You may need a slightly longer warm up if it is cold outside.

**Type:** Your warm up should mimic the activity you will be doing during your workout. Try to warm up the full body and include all major muscle groups.