

SAFE EXERCISE GUIDELINES

Following these guidelines will help ensure that you are exercising in a safe manner so that you enjoy exercise and have a positive experience!

1

WEAR APPROPRIATE CLOTHING

Running shoes, track pants or shorts, and a t-shirt will help keep you cool during workouts.

2

WARM UP

Warm Ups help the body get ready for activity.

*Listen to your body!
Soreness is normal
post-workout but
pain is not!*

3

USE PROPER BREATHING TECHNIQUES

Exhale during the hardest part of the exercise. This will keep you from building up a large amount of pressure in the body.

4

INSPECT YOUR EQUIPMENT

Equipment breaks down over time. Regularly check your equipment to make sure it is working properly.

5

FIND A BUDDY

Having an exercise buddy can help keep you motivated and accountable. It can also make sessions more fun!

6

STAY HYDRATED

Try drinking a glass of water about an hour before you start activity. This will make sure you aren't starting out dehydrated. Continue to take small sips of water throughout activity.

7

WEAR PROTECTIVE & REFLECTIVE GEAR

Protective equipment, such as a helmet, should be worn during activity that could result in a collision or a fall. Reflective clothing will help keep you visible to those around you if the area is not well lit.

8

COOL DOWN

A proper cool down session can help you recover from an activity session more effectively.

*If you feel pain
during or after
exercise, please see
your family doctor.*

9

STRETCH FOLLOWING ANY EXERCISE SESSION

As muscles get stronger, they will start to shorten which can make you feel stiff. Regular stretching will help you maintain a full range of motion.

10

REST BETWEEN RESISTANCE TRAINING SESSIONS

The body needs time to recover and adapt between sessions. Rest 48 hours between resistance training sessions.