Exercise Safety

Regular physical activity is essential to living a healthy lifestyle. While there are risk factors involved in physical activity, the benefits of staying active far outweigh the risks.

Important Tips to Exercise Safely:

1. Wear loose fitting clothing in order to allow sweat to evaporate and shoes that have appropriate support such as sneakers.
2. Warm up for five to ten minutes before you start exercising.
3. Drink plenty of water before, during and after exercising. You should drink four to six ounces of fluids every twenty minutes.
4. Be aware of your surroundings at all times, indoors and outdoors.
5. Exercising after a meal may compromise oxygen and nutrient delivery to working muscles. You therefore should wait at least 60-90 minutes after a meal before you begin exercising.
6. Make sure to take time after exercising to cool down and stretch. This will improve the flexibility of your muscles and relieve tension.