

EXERCISE SAFETY TIPS

Exercise has many benefits, including:

- Increased focus and productivity at work.
- Increased fitness, flexibility and endurance for work and recreation.
- Reduced chances of incurring an injury during any activity.
- Reduced stress levels.
- Lowered chance of heart disease.
- Improved weight management.
- Improved respiratory and bone health.



When considering an exercise regime, it is important to consider the risks, too, especially for those who have not maintained a regular exercise habit. This spotlight includes some tips on how to avoid some of the common causes of injury associated with exercise.

- ❖ A workout should start with warming up, including stretching, and end with cooling down.
- ❖ Start a workout slowly; avoid pushing yourself too hard.
 - With weights, start with lighter weights and slowly increase to greater weights over time.
 - When jogging, running, or hiking, start at a slow pace, on a level surface, and keep the distance short. Gradually increase speed, incline, and distance over time.
- ❖ Pay attention to proper form.
 - Research the proper form for the specific activity.
 - Read the instructions on exercise machines and equipment for proper use.
- ❖ Avoid working out in extreme conditions (hot or cold) and dress appropriately for the temperature and weather.
 - On hotter days, plan accordingly to hydrate frequently and replenish electrolytes.
 - Workouts should be less intense, shorter, and include frequent breaks.
- ❖ Inspect exercise equipment prior to usage.
 - Look for damaged or faulty parts. When in doubt, do not use it.
 - If equipment malfunctions while in use, cease usage immediately.
 - Make sure footwear is in good condition.
- ❖ Be cognizant of personal safety.
 - Use a spotter for bench presses or squats with a weight bar.
 - If exercising alone, be sure to notify another person of your whereabouts, departure and arrival time.
 - Choose a safe location; avoid remote, unpopulated areas.
 - Avoid wearing headphones that block all sounds; pay attention to your surroundings.
 - Trust your gut.
- ❖ Look for ways to make exercise fun. You are more likely to continue exercising if you look forward to doing it.
- ❖ Always consult a doctor prior to starting a new exercise regime.