

Wellness Topic

Activity Safety

You should talk with your doctor before beginning any exercise program, particularly if you suffer from: high blood pressure or dizziness, have had a stroke, have a heart, lung, liver or kidney condition, or if you have recently been hospitalized.

If you are more than 40 pounds overweight, you should not work out at a high intensity level without professional supervision.

Be Sure to Warm Up

Start out slowly, and gradually pick up the pace as your body warms up. For example, if you're heading out on a 30-minute moderate walk, spend the first 5 minutes at a slower pace, then speed up to a moderate pace.

Cool Down

After your workout; gently stretch the main muscles you used during exercise. Hold each stretch for 12 to 15 seconds. Don't bounce. Stretch to the point just before discomfort; if the stretch is painful, you're pushing too hard.

Drink Water

Avoid dehydration by drinking fluids before, during and after physical activity. On hot days, don't exercise in the middle of the day. Wear light-colored, loose, comfortable clothing so body heat can easily escape.

Exercising outdoors:

- If you have an existing medical condition, wear a medic bracelet with your condition and medications listed
- Dress appropriately for the weather and/or climate to prevent illness
- When exercising at night, carry a light, and wear reflective clothing
- Consider exercising with a buddy
- Carry a phone in case of emergency
- Exercise in familiar areas where you know the surroundings and terrain