

Stay Safe While Getting Fit

The American Academy of Orthopedic Surgeons recommends the following Safe Exercise Guidelines:



Use Proper Equipment- Replace your shoes as they wear out. Wear comfortable, loose-fitting clothes that let you move freely and are light enough to release body heat. When exercising in cold weather, dress in removable layers.

Balanced fitness- Develop a balanced fitness program that incorporates cardiovascular exercise, strength training, and flexibility. In addition to providing a total body workout, a balanced program will keep you from getting bored and lessen your chances of injury.

Warm Up- Even before stretching. Run in place for a few minutes or gently rehearse the motions of the exercise. Warming up increases your heart and blood flow rates and loosens up muscles, tendons, ligaments, and joints.

Stretch- Begin stretches slowly and carefully until reaching a point of muscle tension. Hold each stretch for 10 to 20 seconds, then slowly and carefully release it. Inhale before each stretch and exhale as you release. Do each stretch only once. Never stretch to the point of pain, always maintain control, and never bounce on a muscle that is fully stretched.

Take Your Time- During strength training, move through the



full range of motion with each repetition. Breathe regularly to help lower your blood pressure and increase blood supply to the brain.

Drink Water- Drink enough water to prevent dehydration, heat exhaustion, and heat stroke. Drink a pint of water 15 minutes before you start exercising and another after you cool down. Drink water every 20 minutes while you exercise.

Cool Down- This should be the final phase of your exercise routine and should take twice as long as your warm up. Slow your motions and lessen the intensity of your movements for at least 10 minutes before you stop. This phase of a safe exercise program should conclude when your skin is dry and you feel cool.

Rest- Schedule regular days off from exercise and rest when you are tired. Fatigue and pain can be a good indication to not exercise.



Get Fit at Home

Three companies that are offering FREE classes during this time according to Good Housekeeping are:

Peloton: Although Peloton is known for its indoor cycling bike and tread, the company offers many other fitness classes on its streaming app. Peloton is now offering a 90-day free trial of their yoga, meditation, strength, cycling, running, and other fitness classes to anyone for use, even if you don't own the bike itself.

YMCA: A new free online community program, YMCA 360, offers on-demand programs and digital coaching. The program includes some of the Y's most popular group exercise classes like boot camp, barre, yoga, and low impact programs for seniors.

Blink Fitness: If you're an early riser and prefer morning workouts, Blink Fitness is live-streaming a workout at 8AM EST on weekdays called Get Up and Blink! Blink is also setting up Facebook workout challenges that can be done with household items including a deck of cards.