

# HealthMatters Program Safety Tips

## Warm-Ups & Stretches are a Must!

- Start with 5 - 10 minute warm-up exercises such as brisk walking, jumping jacks, or easy jogging to get your muscles going.
- Follow your warm-up with gentle stretching.

### Slow and Steady Pace

**Start slowly** to give your body time to adjust.



## It's Too Hot!



- Drink water before, during, and after physical activity.
- Take **sips of water** every **15 minutes** while you exercise.
- **Plain water** is the best for activities of less than 1 hour.
- Wear loose-fitting clothes that allow your skin to breathe.

## DO NOT Take Your Breath Away!

- You should not feel pain, tired, unwell, or gasping for air during physical activity.
- You should exercise so you feel that your heart is working harder but you do not feel short of breath.
- You should be able to have a normal conversation while exercising.



## TELL YOUR COACHES If You are Feeling:

- Moderate to severe pain.
- Pain that keeps you from doing daily activity or sleep.
- Swelling of the injured area.
- Unable to do your usual activities.

