

Exercise Safety

Warm-Up and Cooldown

(PE.7.R.5.3, PE.8.C.2.7, PE.8.M.1.9, PE.8.R.5.5)



Learning Objectives



Discuss the importance of proper warm up and cool down activities.



Demonstrate how to stretch for safety.

Warm-Up

A good warm-up before a workout:

- dilates your blood vessels, ensuring that your muscles are well supplied with oxygen.
- raises your muscles' temperature for optimal flexibility and efficiency.
- By slowly raising your heart rate, the warm-up also helps to minimize stress on your heart.





Why Should You Warm-Up?

- Before you exercise, think about warming up your muscles like you would warm up your car.
- It increases the temperature and flexibility of your muscles, and helps you be more efficient and safer during your workout.
- A warm-up before moderate-or vigorous-intensity aerobic activity allows a gradual increase in heart rate and breathing at the start of the activity.

How Do You Warm-Up?

- Warm up for 5 to 10 minutes. The more intense the activity, the longer the warm-up.
- Do whatever activity you plan on doing (running, walking, cycling, etc.) at a slower pace (jog, walk slowly).
- Use your entire body. For many people, walking on a treadmill and doing some modified bent-knee push-ups will suffice.



Try This Fun Warm-Up

<https://youtu.be/dUjSR-Kj14I>



Cool Down

- Cooling down after a workout is as important as warming up.
- After physical activity, your heart is still beating faster than normal, your body temperature is higher and your blood vessels are dilated. This means if you stop too fast, you could pass out or feel sick.
- A cool-down after physical activity allows a gradual decrease at the end of the episode.



Why Should You Cooldown?

- It's good to stretch when you're cooling down because your limbs, muscles and joints are still warm.
- Stretching can help reduce the buildup of lactic acid, which can lead to muscles cramping and stiffness.



How do You Cooldown?

- Walk for about 5 minutes, or until your heart rate gets below 120 beats per minute.
- Stretching:
 - Hold each stretch 10 to 30 seconds.
 - Do not bounce or do ballistic stretching.
 - Only stretch muscles that have been warmed-up.
 - Breathe while you're stretching. Exhale as you stretch, inhale while holding the stretch.



Try This Stretching Routine

<https://youtu.be/kuDkZHtVTQ4>

