

## Benefits of Warming Up

- ✪ Increases body temperature
- ✪ Increases the range of movement that can be achieved at a joint (flexibility)
- ✪ Provides an opportunity for the athlete to work towards full-intensity exercise
- ✪ Provides an opportunity for the athlete to mentally prepare themselves for competition, e.g. using breathing strategies to reduce arousal
- ✪ Skills which are required during competition can be practised so that the athlete is ready to perform them
- ✪ Reduces the chance of the athlete becoming injured during competition
- ✪ Increases the amount of oxygen delivered to the active muscles

## Benefits of Cooling Down

- ★ Helps the body to recover from the effects of exercise
- ★ Helps the body to remove lactic acid and carbon dioxide
- ★ Helps to prevent or reduce the effects of delayed onset of muscle soreness (DOMS)