

Health & Nutrition

Warming up and cooling down and stretching are extremely important part of any workout. These steps help your body to adjust to changes in activity and most importantly to avoid injury.

You can warm up with any simple, comfortable movement. Most people find it convenient to warm up by doing their chosen activity at a slower pace. For example, if you are going for a run, you can walk during your warm up

Cool down by slowing your activity, but not stopping it completely. Keep going at the reduced pace for about 5 minutes, gradually slowing down every 1 to 2 minutes, until you are ready to stop.

For information on physical activity, check out these resources:

www.HealthierUS.gov

www.fitness.gov

www.niddk.nih.gov/health/nutrit/win.htm

www.nia.nih.gov/exercisebook