# Lift weights
the safe way

Lifting weights is great exercise. But if you don't do it properly, you can get hurt. Here's how you can get started, get stronger and avoid injuries.

LEARN GOOD TECHNIQUE

Have an instructor show you how to lift. You can use books, videos or virtual instruction if you can't see a trainer in person.

Keep your back straight when lifting, and wear shoes with good grip to avoid slipping. Stop the exercise if it hurts and wait a few days before trying it again.
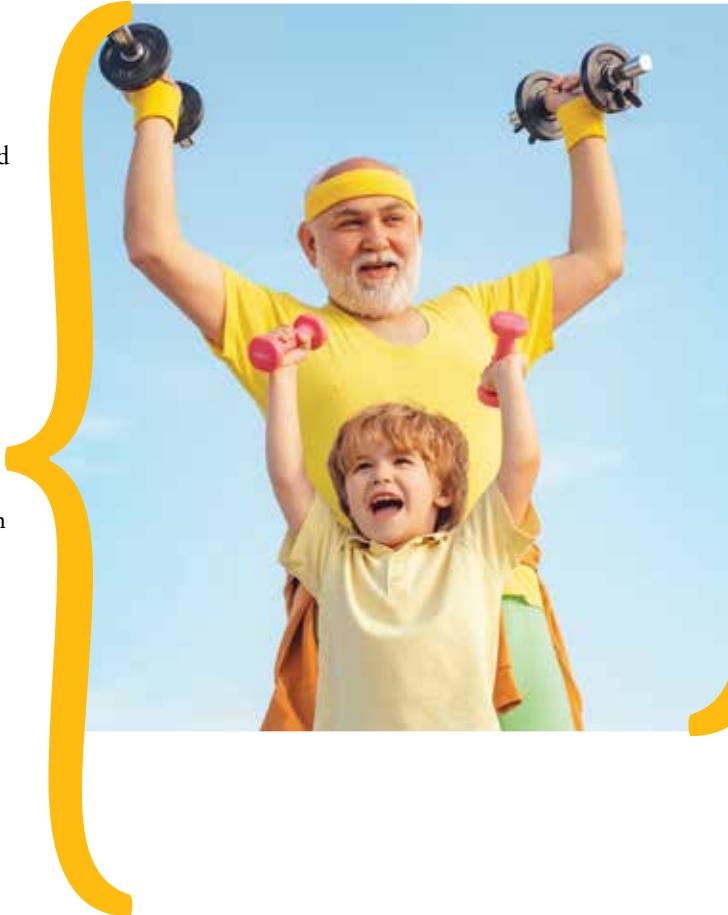
SET DOABLE GOALS

Don't work the same muscles more than three times per week. Let muscles rest for 24 hours before working them again.

Don't try to do too much, too quickly. You'll likely feel soreness for a day or two after lifting, and that's normal.

WARM UP AND COOL DOWN

Warm up your muscles with active stretching, light jogging/walking or leg squats before you lift. When you're done lifting, cool down and stretch again.

Stretching should not hurt. Hold the stretch steady — don't bounce.

WHEN TO SEE YOUR DOCTOR

If you have ongoing pain or you think you hurt yourself while lifting, talk to your doctor.

Source: American Academy of Family Physicians