



Exercise smart

Weekend athletes are more prone to injuries than persons who exercise on a regular basis. To help lower the risk of injury, warm up your muscles with light activity or walking. Cool down at the end of exercising and stretch afterward.



Each week, adults need 150 minutes of moderate intensity exercise, plus 2 days of muscle strengthening activity.

Schedule physical activities into your day. Exercise while you watch TV. Take brief walks during lunchtime or breaks at work.

Poor-fitting athletic shoes can cause pain in your feet and other areas of the body. Choose a shoe for the activity (e.g., running, walking, and tennis). Try new shoes on after a workout or at the end of the day when your feet tend to be their largest.

Water is the best fluid to drink before, during and after you exercise. Drink 1 to 2 cups of water 15 minutes before you exercise. During exercise, drink about 1/2 cup every 10 to 20 minutes. Taking in large amounts all at once could cause a bloated feeling.