

LIFESTYLE

LESSONS



Exercise Without Injury

According to the Mayo Clinic, exercise can improve your mood, fight chronic diseases, and help you manage your weight. To get the most from your regular workouts and decrease your risk of injury, you must warm up, cool down and stretch. With this in mind, follow these tips for warming up, cooling down and stretching.

Warmup Tips

- Move similar to how you will in your workout by walking briskly, jogging or biking at a slow pace.
- Increase the intensity gradually to reduce stress on your bones, muscles and heart.
- Warm up for approximately 15 minutes so that you break a light sweat.

Cool Down Tips

- Cooling down should include movements similar to those in your workout, but they should decrease in intensity gradually.
- Cool down for at least 10 minutes so that blood returns from your muscles to your heart.

Stretching Tips

- Stretch before and after a workout to build flexibility and range of motion, and reduce your risk of injury.
- Use gentle, fluid movements while stretching and breathe normally.
- Focus on individual muscle groups and hold a stretch for 20 to 60 seconds.
- Don't force your joints beyond their normal range of motion—you should not feel any pain.

Healthy Hints

Staying physically active will not only make you healthier, it will also make your quality of life better! Be sure to incorporate an exercise regimen into your daily routine and always remember to warm up, cool down and stretch.

For additional lifestyle and well-being guidance, contact us today.

Lawley
<http://www.lawleyinsurance.com>
716.849.8618

This flyer is for informational purposes only and is not intended as professional advice. © 2008, 2016, 2021 Zywave, Inc. All rights reserved.

Lawley

INSURANCE | EMPLOYEE BENEFITS