

LIFESTYLE LESSONS



Personal risk management tips provided by: Peabody Insurance Agency

Did You Know?

According to the Mayo Foundation for Medical Education and Research, exercise can improve your mood, fight chronic diseases, help manage your weight—the list goes on and on. To get the most from your regular workouts and decrease your risk of injury, you must warm-up, cool down and stretch.

EXERCISE WITHOUT INJURY

Warm-up 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.
- Do not 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! So get out there, and work up a sweat!