

WHEENK! HEALTH

KEEPING FUN IN FITNESS *AVOIDING INJURY WHILE EXERCISING*

REGULAR VIGOROUS EXERCISES CAN HELP YOU FEEL GREAT, BUT IT MAY NOT COME RIGHT AWAY!

BEING INJURED OR JUST STIFF, SORE, AND UNCOMFORTABLE IS NOT A HEALTHFUL WAY TO START YOUR EXERCISE PROGRAM. BELOW ARE FOUR WAYS YOU CAN BE CERTAIN THAT THE FIRST THREE WEEKS OF YOUR EXERCISE PROGRAM ARE AS PLEASANT AS THEY CAN BE. THESE PRINCIPLES HOLD TRUE IF YOU ARE LIFTING WEIGHTS, RUNNING, OR WALKING.

START OUT SLOW AND EASY. THE SINGLE MOST IMPORTANT THOUGHT FOR KEEPING FIT IS: GO SLOWLY.

THIS IS NOT A CRASH COURSE... IN TIME YOU WILL GET FIT. GOING SLOWLY AND EASY MAY BE DIFFICULT FOR SOME. YOU MAY REMEMBER THE OLD SAYING "NO PAIN, NO GAIN," AND "YOU HAVE TO WORK UNTIL IT HURTS". WHEN IT COMES TO HEALTHFUL EXERCISES, THESE SAYINGS ARE NOT ONLY WRONG BUT THEY CAN BE HARMFUL.

WHY "NO PAIN, NO GAIN" IS WRONG:

1. YOUR MUSCLES GET FIT SLOWLY. IF YOU PUSH TOO HARD OR TRY TO GO TOO FAST, YOUR MUSCLES WILL LET YOU KNOW—YOU WILL BE STIFF AND SORE THE NEXT DAY. ON AVERAGE IT TAKES OUR BODIES 6 WEEKS TO ACTUALLY GAIN MUSCLE MASS.
2. A PAINFUL PROGRAM IS USUALLY A SHORT PROGRAM. MOST PEOPLE TEND TO GIVE UP EXERCISE AND THE BENEFITS IT OFFERS IN ORDER TO AVOID THE PAIN.
3. EXERCISE DOES NOT HAVE TO HURT TO MAKE YOUR HEART OR BODY STRONGER. PAIN IS UNNECESSARY. IN FACT, IF YOU ARE IN A LOT OF PAIN, YOUR HEART RATE IS TOO HIGH AND YOU SHOULD SLOW DOWN.

INCREASE YOUR ACTIVITY LEVELS SLOWLY TO GIVE YOUR BODY THE TIME IT NEEDS TO GET IN SHAPE. FIND ACTIVITIES THAT YOU ENJOY! YOU WANT TO FEEL FIT, NOT SORE. BUILD YOUR EXERCISE PROGRAM A LITTLE AT A TIME SO THAT IT CAN HELP YOU FEEL AND LOOK YOUR BEST FOR A LIFETIME.

*BY KRISTIN MASSAMIRI,
PHYSICAL THERAPIST*



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Wheenk! Physical Therapy

949-498-8312
friends@wheenk.com
pt.wheenk.com