

Warm-Up and Cool-Down

Warm-Up

How you begin and end your exercise session is important. A warm-up should include dynamic stretches. Dynamic stretches are Active movements through a full range of motion to prepare the body for increased activity.

The first part of your dynamic stretching routine should include large muscle movements such as walking, jumping jacks or jogging in place. Then, focus on stretching the joints and muscle groups that will be used during your workout.

The purpose of dynamic stretching is to:

- ✓ Gradually increase the heart rate
- ✓ reduce the risk of injury and
- ✓ prepare the muscles for the activities you are about to do.



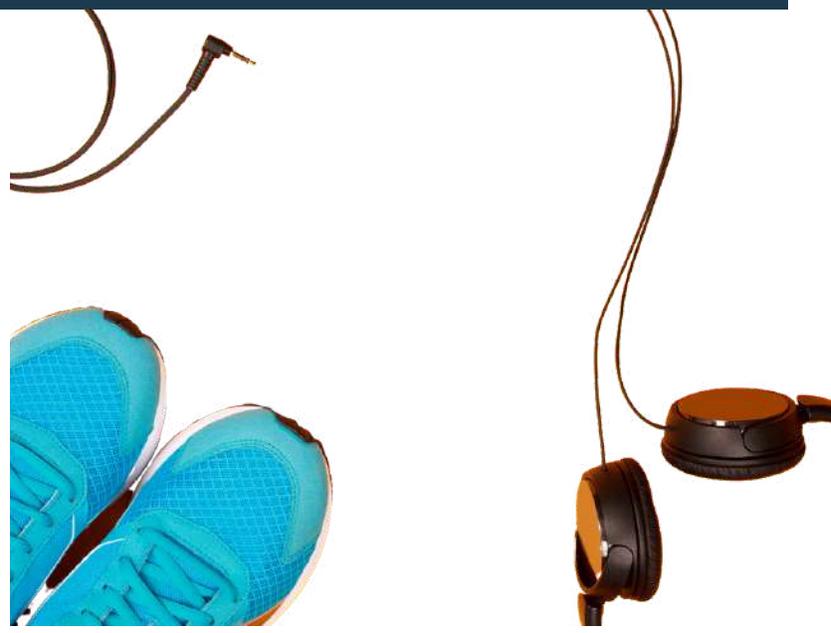
Cool-Down

The cool down should consist of a slow walk or stroll until your breathing rate and heart rate come down to normal. Since your muscles are warm, this is also a good time to do stretching exercises to improve flexibility.

Stretching during the cool down is also very important! This period of time follows the workout session and involves static stretching. Static stretches involve holding a position for an extended period of time.

The purpose of static stretching is to:

- ✓ prevent blood from pooling in the muscles
- ✓ reduce muscle soreness and
- ✓ gradually decrease heart rate.



Warm-Up and Cool-Down Exercises

Large Muscle Movements

Check out these large muscle movements that you could include in your warm-up and cool-down. You should continue these movements for 3-5 minutes.

Warm-Up

Jumping Jacks: Make sure you have enough space around you by extending your arms away from the center of your body. Try jumping your body higher with each jump. Using bigger movements will allow the body to warm up more quickly

Warm-Up

Brisk walking/Light Jog: Begin your workout with a brisk walk and slowly accelerate to a light jog. This allows your heart and breathing rate to slowly increase preparing it for exercise.

Warm-Up

Walking Lunges: Standing up straight, lift your right knee up towards your chest and take a big step forward, keeping your back straight. Lower your knees so that they are at a 90 degree angle. Make sure your front knee doesn't go over your toes. Push up with your right heel and repeat with left leg. Use large controlled movements instead of worrying about a fast pace.

Cool-Down

Walk or Stroll: It is best to end your workout with a slow walk decrease your movement to a slow stroll. This allows your heart and breathing rate time to get back to its normal rate.



Warm Up and Cool Down Exercises

Lower Body Flexibility

Check out these lower body flexibility exercises! Hold stretches for 10-15 seconds during warm up and 15-20 seconds during cool down. Be sure to perform stretches for both sides of the body.



Dynamic Stretch

Standing Leg Lifts or "Frankensteins": Begin standing with feet shoulder width apart and raise your arms in front of you at shoulder height. Then kick your right left leg straight out in front of you. Raise your leg as close to your fingers as possible without losing form.

Static Stretch

Quadriceps stretch: Begin in a standing position with a wall or chair for balance if needed. Place the top of your right foot (shoe laces) into the palm of your right hand. Press your shoe laces into your hand. Keep your knees close together. Continue to stand up tall in a straight line from head to toe. Switch feet and repeat.

Dynamic Stretch

Adductor and Abductor Leg Swings: Stand tall next to a chair or railing for balance. While holding on to an object for balance, slightly bend your left leg while lifting your right leg off the ground. With control, swing your right leg toward the outside of your body, then back in crossing over your left leg. After a few swings, switch legs and repeat.

Static Stretch

Hamstring stretch: From a sitting position extend your right leg out in front of you/ Bend the left knee placing the bottom of your foot next to your right knee. While keeping your spine as straight as possible bend forward from your hips and reach for your toes. Be sure to keep the forward movement slow and in control. Repeat with the left leg.



Warm Up and Cool Down Exercises

Upper Body Flexibility

Check out these upper body stretches. Hold stretches for 10-15 seconds during warm up and 15-20 seconds during cool down. Be sure to perform stretches for both sides of the body.

Static Stretch

Chest stretch: Begin either standing or sitting in an upright posture. Extend your arms behind you and clasp your fingers or grasp your wrist to open your chest and shoulders. To stretch effectively maintain an upright, tall posture with shoulders pressed back. Only lift as high as you feel comfortable.

Dynamic Stretch

Arm Circles: Extend your arms to your sides so they are shoulder high and your body looks like a "T". Begin making swinging your arms in a small circular motion. Slowly increase the motion to large controlled movements.

Static Stretch

Shoulder Stretch: Begin in a standing or sitting position. Extend your right arm over your head and then bend your arm at your elbow. Your elbow should be pointing straight up with your finger tips pointing down behind your back. Now take your left arm, bend it at the elbow and reach your left finger tips behind your back toward your right finger tips. Hold this stretch then repeat with arms switched.



Your Warm-Up and Cool-Down

Now that you know the importance of a warm-up and cool-down, use the exercises from pages 6-8 to help you plan your next warm-up and cool-down.

	Warm-Up	Cool-Down
Large muscle movement		
Upper body movement		
Lower body movement		

"Be proud. Don't wait until you've reached your goal to be proud of yourself. Be proud of every step you take toward reaching that goal."
- unknown

