

## Activity Safety

You should talk with your doctor before beginning any exercise program if you suffer from any disease requiring a doctor's care or if you have recently been hospitalized. If you are more than 40 pounds overweight, you should not work out at a high intensity level without professional supervision.

### Warm Up

Start out slowly and gradually pick up the pace as your body warms up. For example, if you're heading out on a 30-minute moderate walk, spend the first 5 minutes at a slower pace, then speed up to a moderate pace. Warm up exercises should include light cardio.

### Cool Down

After your workout gently stretch the main muscles you used during exercise. Hold each stretch for 12 to 15 seconds. Don't bounce. Stretch to the point just before discomfort. If the stretch is painful, you're pushing too hard.

### Exercising Outdoors

Consider exercising with a buddy. Carry a phone in case of emergency. Dress appropriately for the weather and/or climate to prevent illness. When exercising at night, carry a light and wear reflective clothing. Exercise in familiar areas where you know the surroundings and terrain. Always face oncoming traffic when walking or running along busy streets. If you have an existing medical condition, wear a medical bracelet with your condition and medications listed. Wear light-colored clothes, a hat, plenty of sunscreen and sunglasses if you're exercising outdoors.

### Exercise Attire

Think Comfortable - Shorts, tee shirts, yoga pants. Wear whatever feels most comfortable to you. You may also want to invest in clothes made of special wicking material such as DriFit. You do not need fancy fabrics, but it does make workouts more comfortable. Wear sport-specific shoes so your feet are better protected. For weight training and low impact activities consider a cross-training, running, or walking shoe. For running, consider a running shoe with good support.

### Weather-Related Injuries

- **Dehydration:** occurs when you lose too much water.
- **Hyperthermia:** occurs when body temperature gets higher than normal.
- **Heat Exhaustion:** occurs when the body is overheated, resulting in cold, clammy skin, and shock symptoms such as weakness, headache, rapid pulse, stomach discomfort, dizziness, heavy sweating and weight loss. Individuals should be moved to a cool place and be given fluids. Persons with heat exhaustion should not resume physical activity for a day or two, and should not resume until they have regained normal weight.
- **Heat Stroke:** is the most serious injury and may be life threatening. Symptoms may include high body temperature, rapid pulse, and loss of consciousness. The skin will feel hot and dry. Call 911 and move the individual to a cool place. Sponge the person with cold water.
- **Hypothermia:** occurs when the internal body temperature gets dangerously low.
- **Frostbite:** occurs when body tissue becomes frozen. Early signs of frostbite include pale yellow or white skin and an itchy, stinging, burning sensation. It is important to know these signs because treatment could determine whether the frozen body parts have to be removed or not.

