

# February Ground Safety

**F**ollow these tips to exercise safely and avoid injury:



- Get a medical checkup before you start any exercise program. Find out if there are activities you should avoid because of your health condition.
- Get coaching on how to improve your skill and exercise safely. Seek advice from experts. Learn how to use exercise and sports equipment properly. Beginners should train with a certified exercise advisor to learn correct techniques and safety. Ask the Fitness Center Staff to show you how to use the equipment.
- Be properly conditioned before you start any recreational sports program. Allow improvements in your performance to occur over weeks or even months, not in a day.
- Find a convenient time and place to do activities. Try to make it a habit, but be flexible. If you miss an exercise opportunity, work activity into your day another way.
- Warm up and stretch for 5 to 10 minutes before you start any sport or workout. Cool down afterward for 10 to 15 minutes by slowing down and stretching.
- Wear clothing appropriate for the activity. Wear lightweight, breathable clothes in hot weather. Wear warm, protective clothing in cold weather. Clothing that is too tight will restrict your movement and circulation.
- Wear comfortable, properly fitted footwear and comfortable, loose-fitting clothing that is appropriate for the weather and the activity.
- Wear safety equipment geared to your activity. For example, wear a bicycle helmet when bicycling. Roller-bladers should wear a safety helmet and guards for the wrists, elbows, and knees.
- Choose activities that are fun, not exhausting. (How about PUSHUPS and SITUPS)
- Add variety. Try not to rely too much on one activity, but develop a repertoire of several that you can enjoy. That way, exercise will never seem boring or routine.
- Don't overdo it. Do low- to moderate-level activities, especially at first. You can slowly increase the duration and intensity of your activities as you become more fit. Over time, work up to exercising three or four times per week for 30-60 minutes.
- Remember that overuse injuries are caused by training mistakes. Some examples are: running too far, executing backhand hits improperly while playing tennis, wearing the wrong shoes for an activity.

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- Working out before an old injury fully heals can lead to re-injury. If you still have pain or swelling, do not exercise the area!

- **Drink plenty of water before, during, and after exercising.**

Injuries are more likely if you ignore your body's signals of fatigue, discomfort and pain. Suggestions include:

- Make sure you have at least one (preferably two) recovery day every week.
- If you feel breathless during exercise, slow down.
- Injuries need rest - trying to 'work through' the pain will cause more damage to soft muscle tissue and delay healing.
- If you seem to be suffering from more colds and infections than usual, you could be exercising too much - ease off on your schedule

Stop exercising **immediately** and seek medical advice if you:

- Feel discomfort or pain
- Have chest pain
- Are more breathless than you should be
- Develop a rapid or irregular heartbeat during exercise.

**DROP AND GIVE ME 20 !!!**

V/R  
CAP-USAF Safety Dude