

Warm Up and Cool Down 101

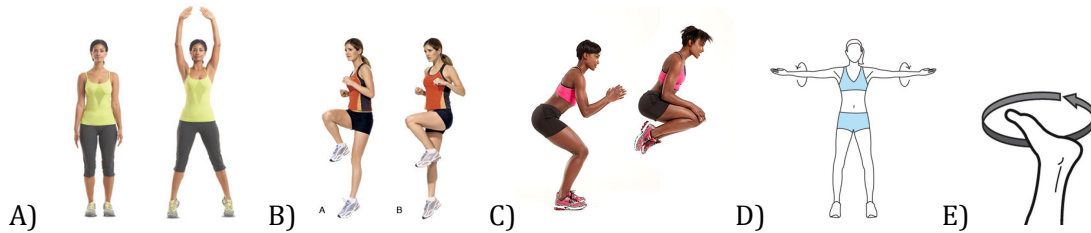
No matter what type of activity you're doing, it's always a good idea to warm up and cool down to avoid injury. Here are some ideas for making each exercise session more effective!

Warm Up

Start off easy

You want to get your heart rate up and prep your body for movement, but not tire yourself out. Do a general warm-up: start off with 5-10 minutes brisk walking or slow jogging.

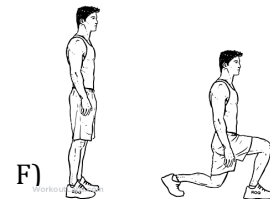
TRY: A) Jumping jacks B) Knee highs C) Tuck jumps



Prep for movement

You can do some **active** stretching to get your muscles warmed up, which is moving through the stretching positions. This helps keep your blood flow going and prepares your body for more sport-specific types of movement. **Don't overstretch**—it can diminish your strength during the actual exercise!

TRY: D) Arm circles E) Ankle circles F) Lunges



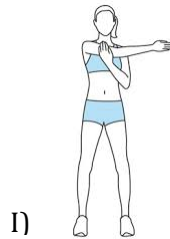
Cool Down

Slow down

Gradually reduce the intensity of your activity to maintain blood flow to your vital organs and prevent dizziness and major drops in blood pressure. If you're running, jog at half speed for 30 seconds, then slow down to a walk for 5 minutes. For other exercises, just **walk it off!**

Stretch

Stretching after your workout is a good way to increase flexibility, because your muscles are already warm and pliable. You can do **static** stretches—essentially, resting stretches. For each position stretch until you feel a slight pull, and then hold it for 30 seconds.



TRY: G) Sit and reach H) Quad stretch I) Arms across

Images: <http://makeupandbeauty.com/exercises-to-get-rid-of-flabby-arms/>
<http://workoutlabs.com/exercise-guide/bodyweight-walking-lunge/>
<https://www.skimble.com/exercises/853-right-quad-stretch-how-to-do-exercise>
<http://www.theglobeandmail.com/life/health-and-fitness/fitness/strengthen-your-ankles-and-get-your-blood-flowing-before-you-get-out-of-bed/article6770901/>
<http://www.boomerchickuniverse.com/19-bodyweight-exercises-you-can-do-anywhere/>
<http://www.womenshealthmag.com/fitness/jumping-jacks-1>
<http://pixshark.com/sitting-hamstring-stretches.htm>
<http://healthfreshyoung.blogspot.ca/2013/10/15-minutes-tone-our-shoulders.html>