LIVING FIT

It is important to understand the basics of safe exercise. Minimize your chance of injury by knowing the basics.

- **Don't do too much too soon.** No matter what type of exercise activity you choose, start slowly and gradually build up to your goals.

- **Hard days, easy days.** When you work your muscles hard, the muscle tissue requires time to heal. Leave a day of rest between rigorous workouts. Or exercise hard one day and easily on the next day. A low impact daily exercise program, such as walking, is fine.

- **Don't strain to train.** No longer do fitness advocates cry, "No pain, no gain!" They stress train, no pain. Pain is a sign that you may be overdoing it.

- **Follow exercise guidelines.** Begin every workout with a warm up to prepare your body for more vigorous activity. Gradually increase the temperature of your muscles by low level movements and mild stretching. Stretching by itself is not an adequate warm up. End each work out with a cool down to help you return to pre-exercise levels.

- **Know your body.** Try to pay attention to how your body usually feels so that you can recognize when it doesn't feel right. If you associate any of the following signs with your exercise program, it is possible that you may be doing too much; 1) severe soreness in muscles or joints; 2) heaviness in arms and legs; 3) inability to sleep or relax; 4) fatigue; 5) loss of appetite; 6) unusual weight loss; 7) repeated injury.

F.I.T.T.
Remember F.I.T.T. for optimal fitness

- **Frequency:** For optimal fitness, exercise on most days of the week. Three times a week on an average.

- **Intensity:** Check with you physician or health care professional to determine your appropriate intensity level.

- **Time:** Work up to at least 30 minutes a day, or three 10-minute bouts per day.

- **Type:** Choose a type of exercise that fits your lifestyle, body, health and pocket book.