

Tips that Count

Wellness information for your journey to a healthier you!

Tips for a Wonderful Workout

Develop a workout schedule and try to stick to it. Sporadic exercisers are more likely to pull a muscle or twist an ankle. By exercising four or more days a week, you will condition your muscles and joints to be less susceptible to repetitive-motion and overuse injuries.

Include muscle-strengthening and balance exercises. Muscle-strengthening activities like lifting weights and using resistance bands are especially important for older adults. That's because these activities prevent loss of muscle mass and bone and improve your ability to perform the tasks of daily living.

Pace yourself. Don't start out like a house-on-fire at the beginning of a workout. Be sure to breathe deeply and regularly, stop often for water breaks and wear shoes that fit.

Work hard but not too hard. Work out briskly enough to raise your heart rate and break a sweat. Use the "Talk Test"—you should be able to carry on a conversation while exercising but not belt out a song.

Stop immediately if your experience sudden symptoms. These include dizziness, blurred vision, heart palpitations, chest pain or pressure, neck pain, pain that's running down your left arm, faintness, nausea or breathlessness.



All information is intended for your general knowledge only and is not a substitute for medical advice or treatment for specific medical conditions. You should seek prompt medical care for any specific health issues and consult your physician before starting a new fitness regimen.