



FITNESS SAFETY: DR. RICHARD KELLEY

Fitness should be a life-long endeavor. These tips can help ensure that you are able to exercise safely and for a lifetime:

- Sip on water before, during and after exercise, to ensure adequate hydration
- Eat a small meal or snack before exercise to keep your energy level up during exercise
- Make sure you have your doctor's clearance and permission to engage in physical exercise
- 20 to 40 minutes of daily exercise is adequate for most adults
- Avoid extremes of temperature and dress appropriately for the weather. Lite clothing on hot days and adequate coverings (gloves, hat, scarf, etc...) for cold days

Avoiding overexertion. How to protect yourself & your body at the gym:

- More is not always better. Aim for short sessions of daily exercise
- Extreme muscle soreness lasting greater than 48 hours is not good. The goal of strength-training is to 'stimulate' muscle...not annihilate it. If you can't walk or move your arms following weight-training, you've gone well over the line
- Listen to your body. Persistent, extreme fatigue can be a sign you're overdoing it. Rest when your body is telling you to do so
- If you are hurt, always let your body heal before resuming your exercise program

