

## Element 1.3 Understand the importance of exercising safely

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#### Safe and appropriate exercise

Planning exercise is very important. The first thing you need to do is decide at what level you want to start. This depends on several factors like age, gender, current level of fitness, weight, pre-existing injuries or medical conditions and time. If your over weight and have a heart condition it is not sensible to start running 10k every day. Everyone is different and there is no such thing as a routine that works for everyone.

#### Exercising Safely

These are the key things you should consider to exercise safely:

##### Warm Up

Prepare your body for exercise, don't go all out straight away as this will be a shock to your body, start with some slow low intensity exercise to prepare your muscles and joints for your routine. This gradual warm up will prepare you mentally for exercise, its a lot harder to exercise if your mind set it that exercise is hard and painful every time your start.

##### Stretch

Use safe stretches to improve your range of movement and prevent post exercise soreness.

##### Use the correct equipment

If running its important to wear the correct type of running shoes to reduce pressure on joints and

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(function(i,s,o,g,r,a,m){i['GoogleAnalyticsObject']=r;i[r]=i[r]||function(){(i[r].q=i[r].q||[]).push(arguments)},i[r].l=1*new Date();a=s.createElement(o),m=s.getElementsByTagName(o)[0];a.async=1;a.src=g;m.parentNode.insertBefore(a,m)})(window,document,'script','//www.google-analytics.com/analytics.js','ga');ga('create','UA-46896377-2','auto');ga('send','pageview');
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muscle, this will help avoid injury. Using the correct equipment is important in all forms of exercise.

### Use good technique

Its is very important to use good technique with smooth movements; good balance; regular and relaxed breathing; body alignment and good posture. Good technique will see you get the most benefit from exercise and will help avoid injuries and post muscle soreness.

smooth movements; good

balance; regular and relaxed breathing; body alignment and good posture

### Don't over do it in your first session

If you have never exercised before or have not exercised for a long period of time it is very important not to over train in the first few sessions you undertake. It will be a shock for your body the first time you exercise. It takes your body time to adapt to the new stress you are putting on it. If you over train at the start your will get sever muscle soreness and a high risk of injury. Along with this it will deter you from further exercise mentally as well as requiring long periods of time in between exercise for your body to recover.

### Cool down





After exercise your body need to adapt from its active state back to its non active state. Doing a light cool down routine after you have exercised will prevent injury and muscle soreness post exercise

## Stretches

The following are some of the stretches I would recommend doing before going running, they focus mainly on the lower body. You can find a full range of stretches on this

website: <http://www.stretching.name/index.php?filt=all> [1] all the following pictures came

from <http://www.stretching.name/> [2] and are licensed under the creative commons share a like licence.

Calf	Hams tring	Groin	Quad
			
[3]	[4]	[5]	[6]
Stand ing, near to a c olum n or wall, lean on your forea rms. Bend one leg to ward the wall and the other leg s hould be st raigh t. Slo	Stand ing, with your legs slight ly se parat ed, pull from the toes of one leg with the o pposi te leg slight ly bent	Sittin g in the floor, with your legs bent, soles of your feet t oget her, take hold your feet and s lowly lean f orwa rd.	Stand ing, to str etch your quad ricep s and your knee, hold your foot with your hand, pull your hell t owar ds your back side.

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Calf	Hams tring	Groin	Quad
wly move your hips f orwa rds, k eepin g str aight your lower back. Keep your soles on the floor			

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### Links

[1] <http://www.stretching.name/index.php?filt=all>

[2] <http://www.stretching.name/>

[3] <http://www.stretching.name/index.php?filt=legs&num=1>

[4] <http://www.stretching.name/index.php?filt=legs&num=26>

[5] <http://www.stretching.name/index.php?filt=legs&num=11>

[6] <http://www.stretching.name/index.php?filt=legs&num=2>

[7] <http://theingots.org/community/node/14013>