WORKOUT 101

Most good stories have a beginning, a middle and an end. Professional athletes include a warm up and a cool down as part of their sessions to achieve a higher level of physical activity and help prevent soreness or overworked muscles. If you want to exercise like a pro, read on.

WARM UP
Warming up prepares your body to begin your workout. It is beneficial because it:
- stretches muscles
- increases blood flow
- reduces susceptibility to injury
- enhances muscular performance

WORKOUT SESSION
This should be at a higher intensity than your warm up and cool down. There are different types of activities you can include during the main training portion of your workout. These include:
- cardio/aerobic
  - running
  - biking
  - brisk walking
- strength training
  - body weight (resistance)
  - weight machines or free weights (muscle building)
  - resistance bands

COOL DOWN
Cooling down can entail 5-10 minutes of slow walking, stretching, or other low-intensity movements. It is important to cool down after you workout because it:
- gives your body a chance to return gradually to a resting heart rate
- allows muscles to relax
- decreases post-exercise low blood pressure
- decreases dizziness
- allows your body to cool down and stop perspiring

Based on General Guidelines for an Exercise Prescription [ACSM]