

NAME _____
PERIOD _____

SAFE WORK-OUT

WARM-UP

Benefits of warm-up

- * Helps prevent injuries
- * Increases body temperature
- * Gets the body ready for the rest of the work-out

How to warm up

- * Perform a series of easy aerobic movement for 5-10 minutes
- * Examples include jogging, jumping jacks

STRETCH

Benefits of stretching

- * Improves flexibility fitness
- * Decreases the number of injuires

How to Stretch

- * Hold the stretch for 10 or more seconds
- * Do not bounce, hold stretch gently, stretch slowly
- * Use proper form to avoid injuries
- * Examples include butterfly, quad, quad, calf, arms, #4 stretch

STRENGTH FITNESS

Why strength fitness?

- * Improves the ability of your muscles to move or resist a force or workload
- * Healthy muscles help you perform daily tasks without getting tired
- * Helps avoid injury
- * Improves your skills in games and sports

How to Improve Strength Fitness

- * Make your muscles work more than they are used to; (overload principle) increase repetitions and/or weight
- * Examples include push-ups, curl-ups, weight lifting, core exercises

CARDIO-RESPIRATORY FITNESS

Why cardio-respiratory fitness?

- * Helps improve heart, lung and blood-vessel health
- * Helps the body maintain a healthy weight
- * Improves your energy level
- * Improves your immune system

How to improve cardio-respiratory fitness

- * Do nonstop continuous aerobic activities for 30-60 minutes every day of the week.
- * Exercise in your target heart zone
- * Find an activity that you enjoy so you will stick with it
- * Examples include bike riding, swimming, running, soccer, basketball

COOL DOWN

Benefits of cooling down

- * Lets the body slow down from recover from the fitness activity and avoid dizziness
- * Helps prevent injury and muscle soreness
- * Improves flexibility

How to cool-down

- * Walk slowly for 5-10 minutes
- * Stretch major muscles groups (arms, legs)