



### Warm Up to Workout

It is very important to begin any type of exercise session with a warm up. This is because the body needs time to

adjust to the rapid changes imposed by exercise. Performing a cardio or weight-lifting routine at a moderate intensity suddenly increases core temperature. This immediate exertion can trigger unknown heart problems in sedentary individuals. It can also inflict injury to the joints, ligaments and tendons. In addition, the body will become tired quicker which can end a workout sooner than expected.

Starting any type of activity slow augments local blood flow to the exercising muscles. This helps the muscles use glucose and fatty acids to burn calories and create energy for exercise. In addition, the slow increase in body temperature reduces blood lactate levels and allows you to workout longer. This helps the body adjust to the load imposed on it and it makes it more efficient in using fat as energy.

### Beginning a Warm Up

Whichever activity you choose to do for a workout, perform it as a warm-up too. With running, walk

or jog at a slow pace. For cycling, bike at a low cadence against an easy resistance. If the exercise includes a variety of movements such as circuit training, kickboxing or aerobics, carry out low intensity activities that utilize the muscles you will use. Once this pace is easy, progress to an intensity level that produces a small amount of sweat but does not leave you feeling fatigued.

After about 5-10 minutes, incorporate static flexibility/stretching exercises with the same muscle group. This will increase muscle elasticity and decrease injury to the joints, ligaments and tendons. It will provide a better range of motion for the joints to move in a desired motion during a workout.

### Benefits of a warm up *(American Council on Exercise)*

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| <ul style="list-style-type: none"> <li>• Efficient calorie burning by increasing core temperature</li> <li>• Production of greater muscle contractions</li> </ul> | <ul style="list-style-type: none"> <li>• Increases metabolic rate for greater oxygen delivery</li> <li>• Prevents injuries: increase in muscle elasticity</li> </ul> | <ul style="list-style-type: none"> <li>• Better muscle control by speeding up neural pathways</li> <li>• Comfortably perform longer workouts</li> </ul> | <ul style="list-style-type: none"> <li>• Psychologically prepares your mind for a high intensity workout</li> <li>• Improves joint range of motion</li> </ul> |
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## Slow Down for a Cool Down

After any bout of exercise whether it is 20, 30 or 40 minutes, your body needs to progressively cool down. Suddenly stopping an aerobic workout could be detri-

mental. The blood in your vessels can begin to pool in your ankles due to a decrease in muscle contraction. In turn, less blood is pumped to your brain and heart. This can cause an abrupt drop in blood pressure and may induce a faint or sick feeling.

Engaging in a cool down (decreasing your exercise intensity from high to low) brings your heart rate down at a safe pace and will help circulate blood flow to the brain and heart. It also facilitates circulating lactic acid out of the muscles which reduces soreness.

## How to Cool it Down

Reduce the speed and intensity of your exercise if you are doing cardio or

perform fewer reps at a slower pace if you are weight training. Continue to workout at this pace until you can comfortably breathe and there is no huffing and puffing. Sweat rate should be low.

After working at this activity level for about 5 minutes, begin to incorporate stretches. You can choose to stand, sit or lay on the floor, it is your preference. Make sure to stretch the larger muscle groups first and then progress to the smaller ones. Hold each stretch for 15-30 seconds. To increase flexibility, repeat each stretch 2-3 times.



## June Wellness Wednesdays



### **“Intuitive Eating: A Non-diet Approach to Health & Wellness”**

**Date:** June 10

**Time:** 12:05-12:55 p.m.

**Location:** Sindecuse Health Center room 3131



### **“ Stress Reduction”**

**Date:** June 17

**Time:** 12:05-12:55 p.m.

**Location:** Student Recreation Center room 3014



### **“The Balancing Act: A workshop on Managing Work and Family”**

**Date:** June 24

**Time:** 12:05-12:55 p.m.

**Location:** Sindecuse Health Center

\*To register, please call 387-3543 or email [zestforlife@wmich.edu](mailto:zestforlife@wmich.edu)