HealthMatters Program Safety Tips

Warm-Ups & Stretches are a Must!
- Start with 5 - 10 minute warm-up exercises such as brisk walking, jumping jacks, or easy jogging to get your muscles going.
- Follow your warm-up with gentle stretching.

Slow and Steady Pace
Start slowly to give your body time to adjust.

It’s Too Hot!
- Drink water before, during, and after physical activity.
- Take sips of water every 15 minutes while you exercise.
- Plain water is the best for activities of less than 1 hour.
- Wear loose-fitting clothes that allow your skin to breathe.

DO NOT Take Your Breath Away!
- You should not feel pain, tired, unwell, or gasping for air during physical activity.
- You should exercise so you feel that your heart is working harder but you do not feel short of breath.
- You should be able to have a normal conversation while exercising.

TELL YOUR COACHES If You are Feeling:
- Moderate to severe pain.
- Pain that keeps you from doing daily activity or sleep.
- Swelling of the injured area.
- Unable to do your usual activities.