

## How to Prevent Injury

### PREVENTING INJURIES

- **Warm-ups are a must! Stretch, stretch, stretch.** Working muscles shorten, which leads to injury unless you do something to maintain your flexibility. Always perform stretching exercises for all of the major muscles (and any others that you use during your workout) between 10 and 20 minutes before and after your workout.
- **Always start slow.** Your **cardiovascular system** usually shapes up faster than your **musculoskeletal system**. In other words, your lungs may be ready to run an extra 10 miles during the week, but your bones and tendons probably are not.
- **Do a variety of physical activities.** This spreads the workload around and challenges muscles you may not be using in your primary fitness activity.
- **Drink water before, during, and after physical activity.** Drink water every 15 minutes when you are exercising.

### SAFETY TIPS FOR STRENGTH TRAINING

1. Demonstrate the proper technique for each exercise. If necessary, break the exercise into basic components.
2. Lift weights in a slow and controlled manner lasting about 2 seconds.
3. Lower the weights in a slow and controlled manner lasting about 2 seconds.
4. Exhale every time the weight is lifted.
5. Inhale every time the weight is lowered.
6. Encourage participants not to squeeze handles or free weights.
7. Check participants' form constantly during the early stages of the program.
  - Make sure feet are placed flat on the ground.
  - Make sure the entire back is touching the seat back.
  - Count each repetition with participants to complete the desired number of repetitions.
  - Stop the set if the participant does not use proper form.

Source: American College of Sports Medicine. (2006). *ACSM's guidelines for exercise testing and prescriptions* (7th ed.). Indianapolis, IN: Author.

## How to Prevent Injury

### SAFETY TIPS FOR TREADMILL USE

1. Explain and demonstrate how to properly use the treadmill before allowing participants to step on to the treadmill.
  - Stand up tall.
  - Take long strides.
  - Look straight ahead, not down.
  - Hold onto the handles for balance, not for support.
2. Participants must understand that they need to keep walking. They cannot stop while the belt is moving.
3. Do not allow participants to read or listen to headphones while on the treadmill.
4. Begin at a slow speed with participants holding onto handrails.
5. Stand next to participants in case they need assistance when stepping off the treadmill after a workout. It is not uncommon for them to feel slightly disoriented after using a treadmill the first couple times.

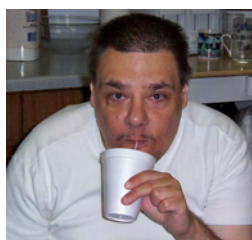
# Week 8 News

NEWSLETTER FOR THE EXERCISE AND NUTRITION HEALTH EDUCATION CLASS

## Needs or Wants

This week, we talked about things we need to have and things we want to have.

- Needs can change as we age. For example, nutrition needs, sleep needs, and exercise needs may change as we age.
- Wants are things we can live without (e.g., something a person would like to have but is not necessary to life or health, such as expensive clothes or junk food).



We have been making goals and plans for exercising, being more physically active, and making healthy food choices.

We also identified people who can help us meet our goals.

In exercise class, we talked about how to avoid injury.

**Warm-ups are a must.**

**Always start slow.**

**Do a variety of physical activities.**

**Drink water before, during, and after physical activity.**

## We Talked About Important Needs in Our Lives

**Physical needs:** We all need to get enough healthy foods, sleep, exercise, and rest.

**Loving and belonging:** People need the love and support of family and friends.

**Safety and security:** People also need security from harm. At the same time, people need space to explore and understand who they are.

**Esteem needs:** Self-esteem is important at all ages.

**Spirituality, religion, and worship:** People may want the guidance of spirituality or worship.

# What Is Good Pain, and What Is Bad Pain?

What Is Good Pain and Bad Pain?

What are different types of pain that you've had? Circle each answer.



Toothache



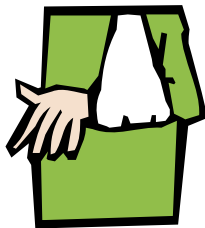
Back pain



Falling down



Fever/flu/cold



Sprain



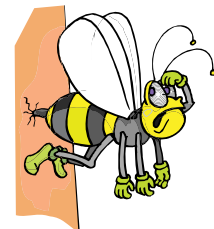
Broken bone



Cut



Headache



Bee sting



Stiff shoulder



Burn



Stomachache

### Good Pain

- Mild burn when you exercise
- Little soreness
- Goes away fast

### Bad Pain

- Lasts for a long time
- Constant or does not go away
- Affects your walking