

WARM-UP & COOL DOWN

After Exercise: Cool Down & Stretch

Why cool down and stretch after exercise?

- Gradually decreases heart rate and body temperature
 - Prevents pooling of blood in the working muscles after exercise
- ✓ After you have finished exercising we suggest that you walk again for 3-4 minutes at a gentle pace to cool down.
- ✓ At this point it is important to stretch again. Using the same stretches as in the warm up, this time holding each stretch for a count of 20 seconds.

Why warm up and stretch before exercise?

- Gradually increases heart rate, temperature of the body and blood flow to muscles
 - Gently prepares the muscles for exercise
- ✓ To warm up we suggest that you walk at a gentle pace for 3-4 minutes before exercise.
- ✓ Stretching should be done directly after the warm up. A few simple stretches are outlined below, each stretch should be held for about 10 seconds.

1. Calf Stretch:

For this stretch you will need something to lean against (wall, tree, lamppost).

Leaning on the wall with arms outstretched, place one foot in front of the other with the back leg straight. Both feet should be facing forward.

Gently lean forward, keeping heels on the ground. Switch legs and repeat.

Stretch should be felt on below knee on back of extended leg



2. Hamstring Stretch (Back of upper leg):

Extend left leg in front of right with toes pointed up. Lean on the thigh of extended leg. Gently bend the right knee and lean back slightly. Switch legs and repeat.

Stretch should be felt on the back of the outstretched leg.

Stretches Con' t...

3. Quad Stretch (front of thigh):

With right hand, grasp your right ankle. Keep right knee pointing towards the ground, push hips slightly forward. Switch legs and repeat.

(It might be a good idea to hold on to something with your free hand for balance)

Stretch should be felt on the front of bent leg



4. Groin Stretch:

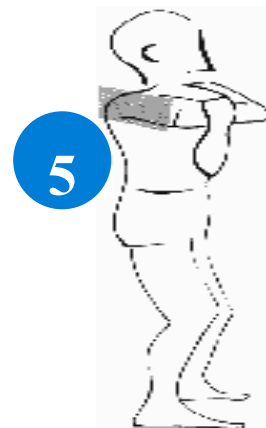
Stand with feet wide apart, facing forward. Gently lean to one side, bending the knee and keeping the opposite leg straight. Both feet should stay flat on the ground. Switch legs and repeat.

Stretch should be felt on upper inner side of outstretched leg.

5. Shoulder Stretch

Place one arm across your body, with the opposite hand grasp your elbow and pull your arm across your body. Switch arms and repeat.

Stretch should be felt on the front of your shoulder and possibly in the chest area.



6. The All Over Stretch

Stand with feet shoulder width apart and knees slightly bent. Raise arms slowly overhead and bring hands together. Slowly begin to stretch upwards. Keep breathing normally.