



## Guidelines Before Exercise

<p><b>Warm-up</b></p> <ol style="list-style-type: none"> <li>1. <i>Benefits of warming-up</i> <ul style="list-style-type: none"> <li>• Helps prevent injuries.</li> <li>• Increases body temperature.</li> <li>• Gets the body ready for the rest of the workout.</li> </ul> </li> <li>2. <i>How to warm up</i> <ul style="list-style-type: none"> <li>• Perform a series of slow movements for 5-10 minutes.</li> <li>• Examples include slow jogging in place, slow jumping jacks.</li> </ul> </li> </ol> <p><b>Stretch</b></p> <ol style="list-style-type: none"> <li>1. <i>Benefits of stretching</i> <ul style="list-style-type: none"> <li>• Improves flexibility fitness.</li> <li>• Improves the ability of muscles to work.</li> <li>• Improves the body's ability to move.</li> <li>• Decreases the number of injuries.</li> </ul> </li> <li>2. <i>How to stretch</i> <ul style="list-style-type: none"> <li>• Hold stretch for 10 or more seconds</li> <li>• Don't bounce, hold stretch gently.</li> <li>• Stretch slowly.</li> <li>• Use proper form to avoid injuries.</li> <li>• Examples: neck stretch, butterfly, quad burner (thigh stretch).</li> </ul> </li> </ol> <p><b>Strength fitness</b></p> <ol style="list-style-type: none"> <li>1. <i>Benefits of strength fitness</i> <ul style="list-style-type: none"> <li>• Improves the ability of your muscles to move or resist a force or workload.</li> <li>• Helps you perform your daily tasks without getting tired.</li> <li>• Helps prevent injuries.</li> <li>• Improves your skills in games and sports—e.g., jumping rope, playing dodge ball, shooting a basketball.</li> </ul> </li> <li>2. <i>How to improve strength fitness</i> <ul style="list-style-type: none"> <li>• Make your muscles work more than they are used to, go faster, go longer, lift heavier objects, exercise more often.</li> <li>• Train, don't strain.</li> <li>• Not too much, too soon, or too often.</li> </ul> </li> </ol>	<p><b>Endurance fitness</b></p> <ol style="list-style-type: none"> <li>1. <i>Benefits of endurance fitness</i> <ul style="list-style-type: none"> <li>• Helps improve heart, lungs, and blood-vessel health (cardiovascular fitness).</li> <li>• Helps maintain a healthy weight.</li> <li>• Gives you energy.</li> </ul> </li> <li>2. <i>How to improve endurance fitness</i> <ul style="list-style-type: none"> <li>• Do nonstop, continuous movement activities—e.g., nonstop bike riding, nonstop walking, nonstop rope jumping (students may jog or walk in place to demonstrate endurance activities in class).</li> <li>• Find a pace (speed) you can do for a long time—"Pace, don't race!"</li> <li>• As a goal, do endurance activities three to four days a week for 20-30 minutes.</li> <li>• Find an endurance activity you like so you will want to do it.</li> </ul> </li> </ol> <p><b>Cool-down</b></p> <ol style="list-style-type: none"> <li>1. <i>Benefits of cooling down</i> <ul style="list-style-type: none"> <li>• Lets the body slow down or recover from the fitness activity.</li> <li>• Helps prevent injuries and muscle soreness.</li> </ul> </li> <li>2. <i>How to cool down</i> <ul style="list-style-type: none"> <li>• Walk slowly.</li> <li>• Walk in place slowly.</li> </ul> </li> </ol> <p><i>Cool-down stretch</i></p> <ol style="list-style-type: none"> <li>1. <i>Benefits of the cool-down stretch</i> <ul style="list-style-type: none"> <li>• Helps prevent soreness.</li> <li>• Improves flexibility</li> </ul> </li> <li>2. <i>How to do the cool-down stretch</i> <ul style="list-style-type: none"> <li>• Hold stretch for 10 or more seconds</li> <li>• Examples: neck stretch, butterfly, quad burner (thigh stretch).</li> </ul> </li> </ol>
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