

# *Care and Management Tips for Exercise and Training*

**Exercising** regularly has a wide range of physical, emotional and social benefits. Exercise improves health through its various benefits. It gets the heart pumping, boosts cardiovascular health, and promotes cerebral and mental health.

There is also a decreased risk of chronic disease, osteoporosis, body fat, stress, and depression. Other benefits include improved metabolic processes, movement of joints and muscles and even sleeping patterns.

When you exercise, there's an increase in blood flow to the brain. Mental health may improve with exercise, too, as working out is an effective and natural way to relieve stress, anxiety and even depression. The result is a boost in cognitive (information processing) capabilities, improved memory and concentration, and, increased confidence and a sense of well-being.

**Whether you swim a few laps**, cycle for miles or run for a few minutes, the physical activity you do can help sharpen your mental performance and enhance your ability to learn.

**Whatever sport or exercise** you choose, you need to exercise safely to remain healthy and injury – free. And, if it's safe and painless, you're more likely to stick to it! Safety is about using common sense, understanding basic techniques and listening to your body.

***Here are some tips to stay safe and injury-free:***

1. **Be aware of your body.** Think about how the particular exercise is making you feel. If something doesn't feel right, stop and seek advice.
2. **Warm up and cool down.** Try slow stretches and go through the motions of your sport or activity before starting. Cool down with slow stretching.



3. **Pace yourself.** Have at least one recovery day per week to rest. If you are experiencing pain, rest until the pain has gone. Training too hard or fast is a common cause of sports-related injuries
4. **Mix it up.** Try other sports and exercises to reduce the risk of overtraining.



5. **Strap or Tape.** If a joint is prone to injury, consider strapping or taping it before exercising. Even better seek professional advice to obtain a program to strengthen the injured area and advice in proper taping techniques.



6. **Stay hydrated.** You can lose around one litre and a half litres of fluid every hour of exercise; so, drink water before, during and after a session.



7. **Be weather aware.** Take it easier in hot weather and wear clothing and sunscreen to protect yourself from the elements.



8. **Do it right.** Try to get the technique right from the beginning, to ensure you are using your muscles correctly.



8. **Check your gear.** Make sure your shoes and equipment fit properly and are right for the activity. Look after your equipment and check it regularly for safety.



9. **Be sensible.** Especially at night, under lighting, or in secluded areas. Take a friend or your dog, stick to well-lit areas and wear bright or light-reflective clothing so drivers can see you.



10. **See your chiropractor.** It's a sensible approach to partake in sports and exercise when your spine and nervous system are functioning properly.



Phone us today on 9185 2071

Two thirds of our children DO NOT meet the daily physical activity guidelines\*.

Less than a third of children meet the Sedentary behaviour guidelines of 'no more than 2 hours of screen-based entertainment' every day.

60% of Australian adults did less than the recommended 30 minutes of moderate intensity physical activity per day.

Nearly 70% of Australian adults (i.e. almost 12 million adults) are either sedentary or have low levels of physical activity.

Reference: [www.blueearthfoundation.org](http://www.blueearthfoundation.org)