



Get Active!

Exercise Safety

Warm Up

Cold muscles are stiff and tight. Perform a gradual 5- to 10-minute warmup before your stretches and activity for the following benefits:

- Reduced risk of injury
- Improved joint range of motion (flexibility)
- Increased core body temperature



How to Warm Up

- Your warmup should consist of a lower intensity activity that utilizes the muscles you will be using during your activity.
 - Examples: Warm up for a run with a slow jog, or warm up for a brisk walk with a slow walk.
- An ideal intensity for an aerobic warmup is to work at a level that produces a small amount of perspiration but doesn't leave you feeling fatigued.

Stretch Before Your Workout (But After Your Warmup!)

- After you warm up, lightly stretch all of the muscles you will be using.
 - Make sure you perform your warmup first, as stretching cold muscles can cause injury.
- Start each stretch slowly, exhaling as you gently stretch the muscle.
- Holding the stretch between 15 and 30 seconds is effective for both immediate and long-term results.

Stretch After Your Workout

Stretch each of the major muscle groups for 10-30 seconds after your workout for the following benefits:

- Greater freedom of movement (flexibility)
- Improved posture
- Release muscle tension and relieve soreness

Avoid Stretching Mistakes



- Don't bounce when you are stretching. Holding a stretch is more effective and decreases risk of injury.
- Don't stretch a muscle that is not warmed up.
- Don't strain or push a muscle too far. If a stretch hurts, ease up.
- Don't hold your breath.

Start Slow and Safe

- Always check with your doctor before beginning any exercise program!
- Increase intensity only after your body becomes accustomed to new activity levels.
- Beginners should try exercising for 20 minutes, three times per week.
- Gradually work up to 30 minutes, five to six times per week.
 - You can exercise twice daily for 15 minutes or take three, 10-minute walks.

Cross Train

Cross training is an exercise regimen that uses several different types of exercise to obtain aerobic fitness (e.g., walking, bicycling, swimming). Cross training offers the following benefits:

- Prevents the same bones, muscle groups, and joints from being stressed over and over.
- Tends to reduce the likelihood of injury as the result of exercising “too much.”
- Can also prevent boredom, helping you adhere to your fitness regimen.



Safe Strength Training



- Strength training increases both muscle and bone strength and reduces the risk of osteoporosis.
- A safe strength-training program combined with cardiovascular and flexibility training will give you the benefits of a total fitness program.
- Neglecting certain groups can lead to strength imbalances and postural difficulties. Be sure to work all of your muscle groups!

Safe Strength Training

- Start with one set of 8-12 repetitions, working the muscles to the point of fatigue. Slowly progress to two or three sets within 6-12 weeks.
- Lower the resistance with a slow, controlled rhythm throughout the full range of motion.
- Use proper form—don't swing your body or use momentum to lift weight.
- Breathe normally throughout the exercise.

Proper Attire

- When exercising in cold temperatures, wear several layers. Try to stay comfortable – tight clothing can cause irritation and chaffing.
- When exercising indoors or in high heat or humidity, it's important to wear lightweight, breathable clothing.

Stay Hydrated

- Proper hydration is key to a safe and effective workout!
- Water allows your body to maintain a safe temperature.
- Two hours before exercise, drink 8-16 oz. of water.
- Drink another 4-8 oz. immediately before exercise.
- During exercise, drink 4-8 oz. every 20 minutes. Your body needs to replenish the water it is sweating out to remain cool.
- After exercise, drink enough water to replace the fluids you lost during your workout.



Rest and Recover

- Building recovery time into any training program is essential so your muscles can repair, rebuild, and strengthen.
- Weight lifting: Rest for at least 1 full day before lifting again.
 - Never work the same muscles 2 consecutive days; every other day or every 2 days is ideal for weight lifting.
- Exercising before an old injury has time to fully heal can lead to a new injury.
- Rule of thumb: *If you're still in pain, or the injury site is inflamed, don't exercise!*

Key Takeaways



- Start off slowly and gradually—don't do too much at first!
- Begin your workout with a light 5- to 10-minute warm-up.
- Stretch both before and after you exercise.
- Incorporate crossing training with different activities to prevent overuse injuries.
- Stay hydrated while exercising.
- Lift weights and objects with proper form and without twisting.
- Get plenty of rest!

Disclaimer

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