

Preventing Injury & Protecting Joints

Warm Up Before Exercising



Warming up increases your body temperature and can reduce injury risk

Guidelines for Safe Stretching

Always warm up

Warm-ups should not be intense enough to cause fatigue

Stretch slowly into a position

Stretch as far as you can without feeling any pain

Do Not bounce or jerk

These movements can lead to injury if stretching beyond your's body ability

Keep joints soft

Stretch as far as you can without feeling any pain

Safety Pointers



Avoid excessive bending or extension



Work within your comfortable range of motion



Breathe



Check with your doctor
before starting any exercise program



SCAN TO READ **EXERCISE SAFETY: PREVENTING INJURY AND PROTECTING JOINTS**

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