

# 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



SCAN TO READ EXERCISE SAFETY:  
PREVENTING INJURY AND  
PROTECTING JOINTS

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