

Exercise Training – Tips on How to Do it Safely!

When undertaking any exercise program, there are a number of important safety tips and principles to follow. Some of these are listed below.

- Always warm up prior to lifting weights or doing any intense exercise. This should be for a minimum of 5 minutes and should include light aerobic exercise such as marching on the spot to gradually increase your heart rate and warm up your body tissues through your range of motion or even a short walk.
- Avoid any jerking movements.
- Breathe out during the effort phase of each repetition.
- Be aware of your body. If you feel pain during an exercise stop immediately and advise your exercise practitioner (EP). Mild soreness for 1-2 days after training is normal, but acute bone/joint pain that doesn't go away with time means you are probably doing something wrong. We advise exercising on non-consecutive days when you can to allow for recovery.
- Only use equipment as demonstrated by your EP and only perform exercises that are listed in your exercise program.
- Always wear shoes with an enclosed toe – do not wear socks (on their own) or other inappropriate footwear such as slippers during your workouts!
- For weight-bearing exercises like jumps, aim to land on the balls of your feet and ensure that your legs are slightly flexed as your feet contact the ground and absorb the forces with the muscles not the joints. Ensure that the feet are aligned with the knees and hips and the knees are only slightly in front of toes.
- The balance exercises are designed to place you at the edge of your balance or functional ability. The 10-point RPE available on the TeleHab app can be used to help guide your intensity. When undertaking steady exercises, consider the question: *How hard did you have to work to keep your balance during this task?*
- If you experience any of the following symptoms during or after exercise, stop and seek medical advice immediately: faint/dizziness, chest pain/tightness or irregular/rapid/fluttery heartbeat, difficulty breathing or nausea or severe leg ache/pain.

