

# **EATON CHIROPRACTIC GUIDELINES FOR SAFE EXERCISE**

## **Start exercising slowly**

Gradually increase time... then intensity. Don't push too hard too soon.

## **Stop exercising if you have any of the following symptoms:**

- Chest, jaw, neck or back pain or pressure
- Severe shortness of breath
- Wheezing, coughing or difficulty breathing
- Nausea
- Light-headedness, dizziness, fainting
- Cramps or severe pain or muscle ache
- Severe, prolonged fatigue or exhaustion after exercise
- Contact your physician if any of the above symptoms persist after stopping exercise.

## **Warm up and Cool down properly**

Use level, soft surfaces

Look for dirt paths, tracks or level grassy fields. Hard or uneven surfaces such as cement or rough field are more likely to cause foot and joint injuries.

## **Avoid mixing exercise and food**

Wait at least 2 hours after eating before exercise. And, after exercise, wait about 20 minutes before eating.

## **Don't exercise if you are extremely tired or don't feel well**

When returning to exercise after an extended illness, start off slowly, building back up gradually.

## **Take precautions when on the road**

Wear light-colored clothing and/or reflective bands when out in the evening so drivers can see you. Face traffic when walking. Ride with traffic when on a bike. Don't use a walkman in traffic. Use a sun-block to protect against sunburn and skin cancers.

## **Use only tepid water to bathe or shower after exercising**

Water that is too warm can cause dizziness and/or fainting.

## **Never exercise in isolated areas alone**

And, when exercising away from home, tell someone where you will be and how long you expect to be gone.

## **Alternate exercises**

If exercising most of the day, alternate high intensity and lower intensity exercise to avoid overuse injuries and to prevent "over-training" and fatigue.

## **Drink plenty of water**

The American College of Sports Medicine recommends drinking 2 cups of water 15-20 minutes prior to exercise and 1 cup of water for every 15 minutes of exercise. There is no need to use sport drinks unless exercise lasts in excess of 60-90 minutes.