

EXERCISE SAFETY TIPS TO ALWAYS CONSIDER PRIOR TO STARTING EXERCISE

- Always wear comfortable, loose-fitting clothing and appropriate shoes for your activity
- Warm up: Perform a low- to moderate-intensity warm-up for 5-10 minutes
- Drink water before, during, and after your exercise session
- When exercising outdoors, evaluate your surroundings for safety: traffic, pavement, weather, and strangers
- Wear clothes made of fabrics that absorb sweat and remove it from your skin
- Never wear rubber or plastic suits. These could hold the sweat on your skin and make your body overheat
- Wear sunscreen when you exercise outdoors
- Practice safe distancing (try to remain 1 meter or 6 feet apart from others) to prevent the transfer of infections. A mask is preferable, but you do not need to wear a mask if you are sweating and having difficulty breathing while exercising

EXERCISE SAFETY TIPS FOR WHEN TO STOP EXERCISING

Stop exercising right away if you:

- Have pain or pressure in your chest, neck, shoulder, or arm
- Feel dizzy or sick
- Break out in a cold sweat
- Have muscle cramps
- Feel acute (not just achy) pain in your joints, feet, ankles, or legs
- Slow down if you have trouble breathing. You should be able to talk while exercising without gasping for breath

EXERCISE SAFETY TIPS TO RECOGNIZE DAYS/TIMES WHEN EXERCISE SHOULD NOT BE INITIATED

- Avoid hard exercise for 2 hours after a big meal (A leisurely walk around the block would be fine)
- DO NOT exercise when you have a fever and/or viral infection accompanied by muscle aches
- DO NOT exercise if your systolic blood pressure is greater than 200 and your diastolic is greater than 100
- DO NOT exercise if your resting heart rate is greater than 120
- DO NOT exercise if you have a joint that you are using to exercise (such as a knee or an ankle) that is red and warm and painful
- If you have osteoporosis, always avoid stretches that flex your spine or cause you to bend at the waist, and avoid making jerky, rapid movements
- STOP exercising if you experience severe pain or swelling in a joint. Discomfort that persists should always be evaluated by a health professional
- DO NOT exercise if you have a new symptom that has not been evaluated by your health care provider, such as pain in your chest, abdomen, or a joint; swelling in an arm, leg or joint; difficulty catching your breath at rest; or a fluttering feeling in your chest

Additional safety information is provided at the National Institute of Health website
(nlm.nih.gov/medlineplus/safety).