

Orthogo Physical and Aquatic Therapy Newsletter

Coming Soon

*Basic Fitness
Programs for You*

Clinics

**Orthogo Physical &
Aquatic Therapy**
4151 W. Orleans Street
McHenry, IL 60050
815 344 9727

EXERCISE TIPS TO AVOID RETURNING TO THERAPY

You've made a resolution - it is time to start a health club program like your physical therapist, doctor, and every entertainment magazine recommends. How do you start? First, consult your doctor then follow our tips below.

It's a Lifestyle Change

You need to commit to this program.

Don't miss a day of your scheduled exercise.

You need support - your family needs to accept this important addition to your schedule.

Continuously focus on the positive benefits of exercise.

- » Decrease the risk of dying from a heart attack
- » Decrease high blood pressure
- » Increased enjoyment of family and recreational activities
- » Decrease the risk of developing colon cancer and breast cancer
- » Decrease the risk of developing diabetes
- » Decrease body weight or body fat
- » Build healthy heart, lungs, muscles, bones, and joints
- » Reduce depression and anxiety and improve your self image
- » Live a longer, happier life

If you do your exercise first thing in the morning, it is a great way to start the day before other responsibilities get in the way. Block out one hour minimum, three times/week for your program.

Warm up - Warming up is important to get the blood flowing to the muscles, lubricate the joints, and prepare your muscles for more intense exercise. You should warm up for 5-8 minutes before strength training. Use a treadmill, stationary bicycle, cross trainer, or stair stepper.

Stay hydrated - drink plenty of water. I suggest you visit the water fountain in your gym after each set of exercises.

Proper technique - Ask one of the fitness staff at your gym. They should be more than willing to help. Improper technique can lead to injury.

Stretch - You should stretch after you do your gym exercises. Good flexibility is important to maintain proper muscle length, decrease pain and tension, and to maintain joint range of motion. Hold each stretch for 20-30 seconds and repeat them 2 times each. Ask us for proper stretching exercises that can be downloaded from our website.

for more information from the American College of Sports Medicine. They are the national authority on sports and exercise.

Here is a good link

<http://www.acsm.org/health+fitness/index.htm>

Click On or Type the URL above into your browser address bar

"Live a longer, happier life."