



Exercise Tips at a Glance

BENEFITS OF EXERCISE

- Overall health and ability to perform daily activities
- Lift spirits 
- Improve quality of sleep
- Weight control/better appearance
- Prevent, delay or reverse chronic diseases
- Cardiovascular health
 - enhance systemic circulation
 - Endurance/stamina/more energy 
- Nourish cartilage
- Enhance Joint flexibility/mobility
 - Muscle strength
 - Bone density
 - Core(torso) muscle development
 - Posture/balance and coordination
- Regular bowel movements
- Injury prevention

GENERAL EXERCISE PRECAUTIONS

- **Listen to your body. Pain is a warning**
- Have a recent physical and get a doctors release or permission to participate in regular exercise
- Seek advice if you have or have had back pain, a joint replacement or other recent surgery
- Understand the effects of your medications on physical activity/exercise
- Practice stability before mobility
- Know the level of exertion right for you!
- Feel challenged not overwhelmed. You should be able to talk while exercising without labored breathing or shortness of breath.
- Move at your own pace each day.
- **DON'T FORCE OR BOUNCE** into a stretch move a joint just until you feel a gentle stretch
- When you feel tired stop and rest
- Practice full diaphragmatic breathing
- Beware of signs and symptoms of distress.
 - Chest Pain
 - Nausea
 - Dizziness/disorientation
 - Pale and clammy
 - Shortness of breath (with mild exertion)
 - Irregular or accelerated heart rate-palpitations



EXERCISE PRACTICE

- Make an appointment with yourself to exercise daily when you have the most energy and the least pain and stiffness
- Don't exercise on a full stomach
- Wear comfortable clothing and shoes
- Gently massage stiff or achy areas of the body
- Become more relaxed and aware of your body
- Engage the core muscles, practice good posture
- Engage in deep full breathing
- Do gentle warm-up movements and stretches
- Modify exercise program depending on the amount of pain experienced on bad days

TO LIFT PROPERLY

- Keep your back straight to supporting the spinal curves (cervical, thoracic and lumbar)
- Get Firm footing...feet apart for stable base toes pointing outward
- Keep leverage in mind and bend your knees not your waist.
- Don't do more work than necessary
- Tighten core abdominal muscles to support your spine. Train muscles to work together.
- Lift with your legs...more power in the legs
- Keep the load close for less exertion of force on the back muscles and bones of the spine
- Keep your back upright whether lifting or putting down the load...keep ribcage lifted
- Don't lift heavy objects above eye level
- Do not twist your back when changing a direction, turn with your feet to reduce risk of injury.

PRACTICE GOOD BODY MECHANICS

- Practice good posture during daily activities and when exercising
- **Support cervical, thoracic and lumbar spinal curves**
- Keep your hips in neutral position, lift up your ribcage with your back muscles, relax the shoulders down toward hip pockets
- Don't sit in one position for long periods, take regular breaks to stretch and restore neutral cervical, thoracic and lumbar spinal alignment
- When standing for long periods, stand with one foot on a stool to ease back tension.