

## Guidelines for Exercise

***IMPORTANT!** For safety purposes, please do not exercise alone!*

- If at any time during your workout you feel dizzy, nauseated, tightness in the chest or severely out of breath, stop exercising and contact a health/fitness professional. Do not go into the locker room.
- If you are pregnant, diabetic, taking medications or are restricted to certain exercises as per your physician's request, please notify a staff member. These conditions and others can alter your response to exercise.
- Please notify a staff member if you notice that a piece of equipment is not working properly.
- If you have any questions concerning the operation of any piece of equipment or regarding your exercise program, ask a staff member/health professional for assistance.
- Previously sedentary individuals should begin an exercise program slowly and proceed at their own rate. This will minimize the chances of injuries and overexertion. Moderation is the key.
- Exercise at your own pace and be aware of signs of overexertion. Do not compete with or try to match the progress of others. Stay within your own Target Heart Rate range.
- Do not exercise vigorously too soon after eating heavily. Wait at least 2 hours. Exercising too soon after eating may result in cramps, nausea, or faintness.
- Always use correct form, posture and technique. Stand with the head level, back straight, abdomen tucked in, pelvis tucked under, and knees slightly bent (soft). Ask your Wellness Professional for assistance.
- Always begin your workout with a warm-up period of five to ten minutes consisting of two phases: performing mild aerobic activity to prepare the heart for more strenuous activity, and preparing the muscles of the body by stretching.
- Select appropriate exercises. Cardiovascular (aerobic) exercises should be a major component of activities. However, flexibility and strengthening exercises should also be considered for a well-rounded program.
- Flexibility exercises should consist of range of motion exercises and static stretching. The stretches should be done at the end of the warm-up or cool-down, after the body is warm. Never use bouncing or ballistic movement to stretch a muscle group.
- Avoid exercises that hyperextend the neck or back or feel uncomfortable when performing. (i.e. plough, windmills)
- Refrain from using momentum to complete an exercise or to change direction during an exercise. Perform all exercises slowly and under control so that maximal benefits can be achieved.
- Wear proper clothing and shoes. Sweatshirts, T-shirts, shorts, leggings, and sweat pants are proper attire for a corporate fitness center. Never use exercise clothing made of rubberized, nonporous material. Wear shoes designed for exercise (i.e. walking or jogging shoes).

## Adjusting Exercise to the Weather

Exercise should be adjusted to environmental conditions. Special precautions are necessary when exercising in hot weather. The following guidelines are recommended for a noncompetitive workout: if air temperature is over 70 degrees F, slow the pace, be alert for signs of heat injury, and drink adequate fluids to maintain hydration. If the air temperature is over 80 degrees, exercise in the early morning or late afternoon to avoid the heat. Exercise is tolerated better if humidity is low and a breeze is present. Exercise in the heat causes excessive fluid loss, so adequate fluid intake is important before, during, and after each session.

Drink eight, eight-ounce glasses of water every day. If participating in strenuous exercise (i.e. athletic event), drink two cups of water immediately before the exercise bout, one cup every 15 minutes during the exercise session, and then two more cups after the session.



Sources: ACSM's Guidelines for Exercise Testing ~ Page 15-32  
NDEITA's Guidelines for the Exercise Instructor ~ Page 34-35

### Watch for the Following Signs of Over-Exercising:

- a. **Inability to finish.** Training sessions should be completed with reserve.
- b. **Inability to converse during the activity.** Breathing normally increases during exercise but should not be uncomfortable. If you cannot hold a conversation during exercise, the activity is too intense.
- c. **Faintness or nausea after exercise.** A feeling of faintness after exercise may occur if the activity is too intense or has been stopped too abruptly. Decrease the intensity of the workout and prolong the cool-down period.
- d. **Chronic fatigue.** After exercise an individual should feel stimulated, not tired. If fatigue persists during the day, intensity and/or duration of the workout should be decreased.
- e. **Sleeplessness.** If unable to sleep well despite feelings of fatigue, the amount of activity should be decreased until symptoms subside. Insomnia is particularly likely during distance training. A proper training program should make it easier, not more difficult, to have a good night's rest.
- f. **Aches and pains in the joints.** Although there may be some muscle discomfort, joints should not hurt or feel stiff. Check exercise procedures, particularly stretching and warm-up exercises, to ensure that you are using the correct technique. If symptoms persist, check with a physician before continuing.