



Be Wise . . . Warm Up for 5 Before You Exercise

Before you get your feet moving, warm up your body!

Question: What is the very first thing you should do before you exercise?

Answer: Warm up for 5 minutes!

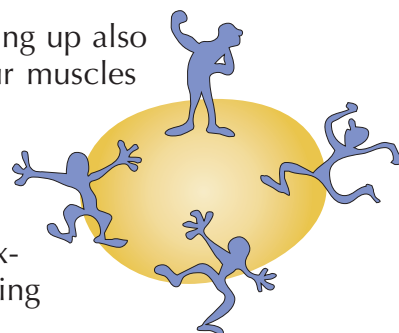
5 minutes = $1/12$ of an hour = 300 seconds = $1/288$ of a day

Why Warm Up?

Warming up your body gets it ready for activity. Warming up also keeps you from getting hurt, which can happen if your muscles and joints haven't been loosened up.

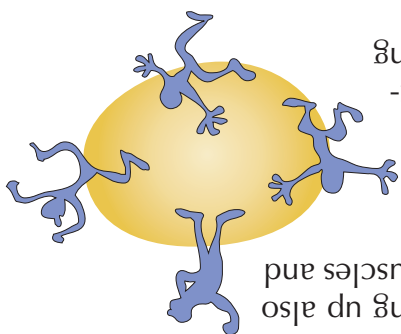
How Do You Warm Up?

Do slow movements like jumping jacks or movements that are similar to the activity you will be doing for exercise—like jogging in place before running or pedaling slowly before riding a bike.



From L.W.Y. Cheung, H. Dart, S. Kalin, B. Otis, and S.L. Gortmaker, 2016, *Eat Well & Keep Moving*, 3rd ed. (Champaign, IL: Human Kinetics).

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