

Congratulations on taking the initiative to start or maintain your wellness by being involved in activities or exercise. It is known that activities/exercise will enhance your sense of well-being, maintain strength/flexibility/balance, prevent/reduce bone density loss, and even keep the scale from tipping upward, among other positive outcomes.

An important factor before exercising or engaging in activities is to warm up, especially now that the weather has tinges of coolness in the air.

Physiologically, the body needs to get “ready” to be challenged.

- \* It will need more oxygen to meet the muscles’ energy demands
- \* Warmed muscles are more efficient when contracting or elongating; nerve conduction is facilitated
- \* Circulatory system is enhanced to augment blood to working muscles, lactic acid accumulation (that which makes muscles sore and/or makes one fatigued) is reduced
- \* Respiratory system is primed
- \* Blood is routed to the heart from arms/legs
- \* Injury to the musculoskeletal system is reduced

A good warm-up is to walk slowly, including moving your arms, for several minutes without becoming tired or expending all your energy. Another low-intensity activity is to ride a stationary bike for several minutes, again not tiring oneself. You may begin to feel warm as your body adjusts to new demands. After your warm-up, you should be ready to meet the challenges of the next phase—the workout!

Kisner, Carolyn and Lynn Allen Colby. Therapeutic Exercise: Foundations and Techniques, 5<sup>th</sup> Edition. Philadelphia: F.A. Davis Company, 2007.

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