Safety Fact Sheet

UTAH Safety COUNCIL

The Utah Safety Council cares about your safety outside of the work setting. We offer resources that keep you and your loved ones safe at home, at play and on the go.

DEVELOP A SAFE EXERCISE PROGRAM

An exercise program, if conducted properly, will increase your energy level, reduce stress, help you fight disease and help you have a more restful night of sleep. Consider these suggestions to help you develop a safe exercise program.

- Begin your program by evaluating your current fitness level.
- If you are under the age of 35, in good health and are relatively active, it may be fairly safe to embark on an exercise program on your own. If you are over 35 or a smoker you may want to consult a physician before starting a program.
- Be sure to have activity-appropriate clothing and equipment.
- Gradually ease into your regimen, particularly if you have not exercised on a regular basis for some time. Set reasonable goals and monitor your progress—being careful not to do too much too soon. Listen to your body; it will tell you if you are over-extending yourself.
- A well-rounded workout should include exercises that address five fitness areas: muscle strength, muscle endurance, flexibility, weight control and cardiovascular endurance.
- Weight lifting and other resistance exercises help to build muscle strength. Stretching exercises increase flexibility. And aerobic exercises such as dancing, jogging or swimming, will develop muscle and cardiovascular endurance as well as aid weight loss.
- Always begin your workout with a warm up and end with a cool down.
- Plan at least one day a week to rest and recuperate your body.
- Never strength train the same muscle group in two consecutive days; always allow a day in-between for those muscles to recover.

Are You In "Safety Shape"?

- Not all instructors are certified to teach. The acronyms IDEA, AFAA and ACSM verify that an aerobics instructor has completed exercise and aerobics courses and has passed an exam. Find out if your health club hires instructors with these credentials.
- Look at the flooring. Veneer flooring is least desirable, and it's hard to move around on carpeting. Wood flooring with spring to it is best. Be sure the surface isn't slippery since you can fall easily.
- Footwear is key. A dedicated aerobics participant could easily replace shoes every two or three months. A good shoe needs proper heel and mid-foot support. Otherwise, you could develop painful "shin splints," sprain your ankle or twist a foot. You need an aerobics shoe just as you would a tennis shoe or a running shoe. When you run, for instance, your foot lands "heel, toe," But in aerobics, your foot lands "toe, heel." So the support is different, and, as a result, the width of the sole needs to be appropriate for the activity.

Taking time for exercise is a smart investment in a healthy body and a healthy mind!

Acknowledgements: National Safety Council

1574 West 1700 South,
Salt Lake City, UT
84104
801.746.**SAFE** (7233)