

TRAINING TIP OF THE WEEK

HOW TO SAFELY SHED THE POUNDS

At this time of year many people have new commitments to exercise and lose weight. These are great goals that can lead to lots of health benefits, but for those people that are new to exercising or are severely overweight here are some tips to keep you injury free so you can keep working towards your goals. It is important to start slowly because there is no way to meet your goals in a week but you can easily be injured in that amount of time. A good rule



of thumb is to increase your duration of exercise by about 10-15% per week to allow your body time to adapt to your new training demands. So if you are walking 2 miles per day initially, the next week it would be safe to increase that to 2¼ miles the next week and so on. Another consideration is the type of activity you choose. It is always best to choose an exercise you enjoy because there is a greater chance that you will stay with it. If they all sound equally tough, you can consider a low impact exercise like swimming, cycling or using an elliptical machine to help protect against pain and injury in your joints. For every pound you weigh, there is 5 times that amount of force put

on your knee, hip and ankle joints when just walking. Another way to protect your joints is active stretching and strengthening of your muscles as this will absorb the shock that occurs to your joints with each step. A little pain and soreness after exercise is usually normal, but persistent pain made worse by exercise should be evaluated by your physician.

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