Exercise - Discover the Importance of Warming Up Your Body Before Exercise

Now, a Health Minute.

Before you go for a run, get on the treadmill, or lift weights, do a quick warm up first. Warming up before a workout increases your flexibility, increases oxygen and blood flow to your muscles, and lowers your risk of injury during a workout.

Try to warm up for 5 to 10 minutes. The more intense the physical activity, the longer the warm-up. To warm-up, whatever workout you plan to do, do it at a slower pace. In a few minutes, your increased heart rate and breathing rate will enable you to better transform oxygen to your active muscles.

So, as you warm up and your body makes the transition to a more efficient use of oxygen, you will feel more comfortable. Just like a car engine, it takes a little time after start up for your body's equipment to operate at peak levels. Take the time to warm-up properly before exercise.

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