



Sports Injury Prevention



Stretch - Waiting until the last minute to begin your exercise exertion will put a damper on the desire to warm up and stretch. Give yourself a good 2-3 minutes to flex, stretch and stabilize each muscle group before increased intensity.

Warm Up - Warming the muscles with a gentle climb into your activity will give your body the required time to adjust to the cardio or anaerobic training. During warm up, the body re-routes the blood to the extremities to meet the need of oxygen in muscles, and increasing heart rate. If the warm up is decent, the work out will be more effective.

Cool Down - Since the body needs to warm up, then it must be that it needs to cool down as well. Lowering the heart rate allows the tendons and muscles to relax into an appropriate resting state. If a body does not cool down enough, blood pooling in the lower extremities occurs and light-headedness will be a problem.

Lifting appropriate weight - Lifting the appropriate weight will keep injuries to a minimum. By understanding the objective of weight lifting and what happens to a muscle, it is easy to get the tone that is good for a body. Blood flow is what produces better toning. This will produce the "microtrauma" that builds a bigger muscle. Actually, the body healing and rebuilding is what produces bigger muscles. Repetition and speed in weight lifting accelerates or helps the body to correctly develop. One to two seconds for each lifting movement and three to four seconds in the relaxing phase is recommended.

Jerking while lifting weight - Being out of control or lifting too much for too long will produce a jerking motion in lifting weight. Proper form and technique is critical in lifting technique. Full range of motion will produce blood circulation and "microtrauma", but if a jerking motion is present, this will put pressure on the lower back and other joints and risk of injuries increase.

Exercising too intensely - The ideal goal for a cardiovascular regimen is keeping your heart rate between 60 - 80 percent of your maximum heart rate. Overtraining causes burnout. Moderately intense workouts are arguably the most effective. Don't overdo it. It will prevent backsliding and fatigue.

Not exercising intensely enough - To elevate the heart into its target training zone is key. Without this specific element, the body will not grow and increase in strength. In order to stay motivated, keep the routine from becoming routine. Change the type of training or use music that will provide a beat that is easy to move to.

Leaning heavily on exercise machine - It is hard to keep from leaning on the elliptical as you move toward a pre-set goal. It is better to lower expectations than to cheat the body. Stand up straight, take it slow, and build up to a goal that will keep the body strong and toned.

Not drinking enough water - The body is 2/3 water. If you don't drink enough, your body will start to retain it. It is essential for the regulation of body temperature and blood circulation. It aids in carrying oxygen to our organs, movement of joints, metabolism and weight loss, maintaining proper muscle tone... the list goes on and on when talking about proper hydration and how our body uses it.