

5 tips for exercising safely

- Always warm up before exercising. This involves mobilising the joints with gentle bending, extending and rotating movements and raising the heart rate and body temperature through easy-paced aerobic activity. (Marching on the spot will do fine.) If you are very stiff, a warm shower or bath can help start the process.
- Exercise 'little and often' if you find it challenging. You can gradually work towards longer blocks of activity as you get fitter.
- It's normal to have some soreness/fatigue after exercise but if you're in pain, rather than discomfort, seek advice.
- Don't continue with any exercise that is causing severe pain.
- Monitor how your body responds to exercise so you can adjust accordingly. Do you have more energy for afternoon sessions? Do you need to give yourself longer to build up the duration of your workouts?

You should always consult your doctor or your practice nurse, if you've never exercised before, or have any concerns.