



Advice for when you begin exercising

- Exercise only when you feel physically well.
- Do not exercise vigorously soon after eating. Wait at least 2 hours.
- Drink fluids. Water is generally the replacement fluid of choice for most people, but water intake should not be excessive.
- Adjust your exercise to the weather.
- If jogging or cycling, slow down for hills.
- Wear proper clothing and shoes.
- Be alert for symptoms that may indicate a need to modify your routine. If the following symptoms occur, obtain medical consultation before continuing exercise.
 - Discomfort in the upper body, including the chest, arm, neck, or jaw during exercise
 - Faintness accompanying the exercise
 - Shortness of breath during exercise. During exercise, the rate and depth of breathing should increase but should not be uncomfortable. A useful guideline is that you should be able to have an ordinary conversation without effort or wheezing while exercising, and recover within 5 minutes of stopping.



- Discomfort in bones and joints either during or after exercise. Slight muscle soreness may occur when beginning exercise, but if back or joint pain develops, you should stop exercising until you can see your doctor.
- Watch for the following signs of over-exercising:
 - Inability to finish
 - Inability to converse during the activity
 - Faintness or nausea after exercise
- Chronic fatigue. During the remainder of the day or evening after exercise, you should feel stimulated, not tired. If fatigue persists during the day, you should decrease the intensity and/or duration of the workout.
- Sleeplessness. If you cannot sleep well despite feelings of fatigue, you should decrease the amount of activity until symptoms subside. Insomnia may occur during distance training. A proper training program should make it easier, not more difficult, to have adequate sleep.
- Aches and pains in the joints. Although there may be some muscle discomfort, joints should not hurt or feel stiff.
- Start slowly and progress gradually. Allow time to adapt.