

Benefits of Warming Up and Stretching

Warm-up Before Activity:

- Increases flexibility
- Enhances performances
- Reduces risk of injury

Stretch After Activity:

- Aids in recovery
- Improves blood flow
- Increases flexibility and relaxation



Contact Us



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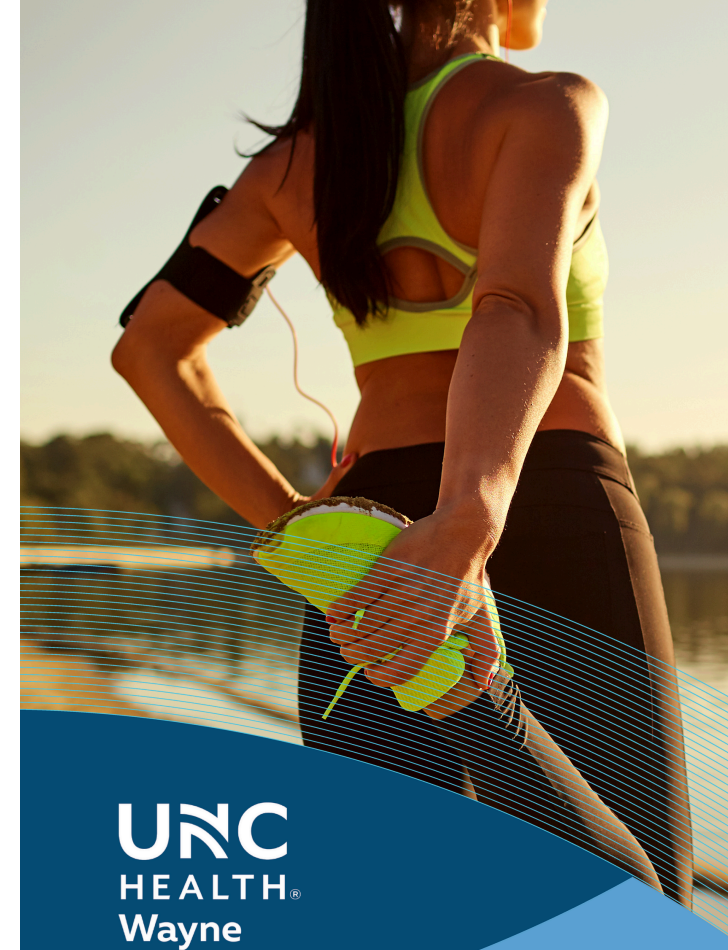


Events & Classes

Visit our website for a schedule of screening events and educational opportunities.



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Staying Safe During Physical Activity

Warm-Up and Stretch:

Start each session with a warm-up to prepare your body and end with a stretching to help your muscles recover.

Stay Hydrated:

Drink plenty of water before, during, and after exercise to keep your body hydrated.

Use Proper Gear:

Wear appropriate clothing footwear for the activity to ensure comfort and prevent injuries.

Know Your Limits:

Listen to your body and avoid pushing yourself too hard. Gradually increase the intensity and duration of your workouts.

Practice Good Form:

Maintain correct posture and technique to avoid strain and injury. If you're unsure, consider working with a trainer to learn proper form.

Know Your Environment:

Be mindful of your surroundings and weather conditions if you're outdoors.

Consult with your healthcare provider before beginning an exercise regimen.

Take Rest Days:

Allow your body time to recover between intense workouts to prevent overtraining and reduce the risk of injury.

Finding Locations to Exercise

- **Local Parks and Trails:** Look for well-maintained parks and trails that have good lighting.
- **Shopping Centers:** Utilize shopping malls that offer safe, supervised environments for physical activities.
- **Fitness Facilities:** Join reputable gyms or fitness clubs with safety measures, including clean equipment and knowledgeable staff. Many offer group exercise classes.
- **School Tracks and Fields:** Many schools open their tracks and fields to the public during non-school hours, providing accessible spaces for exercise.

150 minutes of moderate intensity physical activity per week can make you healthier and help you avoid type 2 diabetes. When you exercise, your body uses sugar from your blood for energy. This helps keep your blood sugar levels normal.

Exercise helps you lose weight and keep it off. Being at a healthy weight makes it easier for your body to use insulin, a hormone that controls blood sugar.

Regular activities like walking, playing sports, or even dancing can make your heart stronger, boost your mood, and keep your body fit. So, moving more can keep you healthier and lower your chances of getting type 2 diabetes.



What is Moderate-Intensity Activity?

Moderate-intensity activity is exercise that raises your heart rate, makes you breathe faster, and allows you to talk without too much difficulty.

During moderate-intensity activities, you should feel warm and slightly out of breath.