

Exercise dos and don'ts



The World Health Organisation recommends that the average adult does at least 150 minutes of moderate-intensity aerobic activity weekly. However, it's important to work out safely so injury doesn't leave you sidelined for long periods. Here are some basic exercise dos and don'ts:

Do: Consult a doctor first if necessary

If you've been sedentary for a while, rushing into aerobic activity may increase the risk of injury, so make sure you consult a doctor before starting any exercise regime.

Do: Warm up

Aerobic activity places extra demands on the body so it's important to warm up adequately. A quick 5-10 minutes of low- to moderate-intensity aerobic activity will provide a sufficient warm-up.

Do: Pace yourself

A sign that you're probably exercising too intensely is being unable to speak comfortably during the workout. In rare cases, strenuous exercise may lead to heart attack in high-risk groups, such as people with diabetes or unmanaged high blood pressure.

Do: Stay hydrated

The body loses fluid through sweat during intense exercise, so thirst isn't always a reliable indicator of dehydration. Drink plenty of water and avoid caffeinated drinks.

Don't: Ignore the weather

If you decide to exercise in very hot or cold conditions, it's important to consider the potential health risks and take necessary precautions.

Don't: Ignore protective equipment

Some activities require protective equipment. Ensure it is appropriate for your age and body, well-maintained, and replaced before it wears out.

Don't: Forget to cool down

Suddenly stopping a tough workout may pose health risks. Cool down with low- to moderate-intensity aerobic activity for 5-10 minutes.

Don't: Ignore the signs you should stop

Stop an exercise session and seek medical attention if you experience pain, discomfort, or breathlessness, or a very fast or abnormal heartbeat.

Heart attack signs vary and include pain, pressure, heaviness or tightness in the chest, neck, jaw, arm/s, shoulder/s or back, plus nausea, shortness of breath, dizziness or a cold sweat.