



SEASONAL FITNESS CHALLENGE

SPRING TIP 1

Spring Forward Into Fitness



BE
ACTIVE



After a long winter of reduced activity or inactivity, getting back into a fitness routine can be tempting once the weather improves. You may be tempted to exercise at the same level or begin a rigorous regime that you did not have previously. However, such enthusiasm often leads to injuries or frustration. If you have changes your routine for the winter, you may need to get back into it slowly. Below are some tips that you can use to reduce the risk of injury when getting back into a fitness regime this spring.

1. **Go Slow but Steady:** Try to get some exercise 3-4 times per week on alternative days. One of the best ways to get injured or sore is to go hard all weekend and do nothing during the week.
2. **Monitor Your Level of Exertion:** Use the perceived exertion scale, the talk test, or the heart rate range to help you determine an appropriate intensity level. Stay at the lower end of the scale and build up over several weeks.
3. **Increase Your Training Slowly:** Increasing training (mileage or weight lifted) more than 10 percent per week increases your risk of injury. To avoid this, increase your training gradually over the weeks.
4. **Don't Exercise in Pain:** If you have any sharp, unusual pain, or soreness that does not go away, pay attention. It is important to listen to the warning signs of an injury.
5. **Cross Train:** Varying your workouts can help your performance and reduce the risk of overuse injuries, since you limit the stress on one specific muscle group.





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6. Avoid All-Out Efforts: Depending on how much inactivity you had over the winter, it could take as long as 6 weeks to re-establish fitness. If you do implement all-out efforts, make sure to allow enough rest and recovery in between.

7. Follow a Training Program and Keep Records: If you really want to build back up to optimal fitness, it helps to establish a training plan and stick with it. There are many training programs for all types of exercises available online. It also helps to keep you motivated and from doing too much too soon.

8. Cut Yourself Some Slack: If you took winter off, do not expect to be back at optimal fitness in a week or two. There is plenty of time for you to reach your goals, so do not worry about going slower in the beginning.

9. Train With Others at Your Fitness Level: If you can find a few people with the same fitness level and goals as you, it can help keep you progressing at a good pace. Training with those who are farther along may make you feel behind and cause you to overdo it.

10. Create a Support System: Having a strong support system, made up of friends, family, a coach, or a strong team is an important part in your journey. This is an essential time to turn to your closest allies for motivation.

Lastly, do not forget to have fun! Keep in mind that spring is a time for fun, light-hearted exercise. You are starting fresh, so just relax and enjoy your activity.