

EXERCISE & North East Physiotherapy



Tips for keeping in shape

- Keep your inspiration in check - if you've been inactive for some time it's important to start slowly and gradually build up.
- Take into account your medical history or any problematic areas which may affect your choice of activity.
- The best activities to start with, are the low impact activities, such as walking, swimming or using an exercise bike.
- Don't forget the benefits of incidental exercise - take the stairs, walk to the train station or local shops.
- Consult your local APA physiotherapist about an appropriate exercise program tailored to your needs.
- Remember that warm up and warm down accompanying gentle activity and stretching will help to minimise your muscle soreness from new activity.
- Gyms can be great places to "get active" but you must ensure that you will be well supervised.
- Seek soft surfaces, such as grass and dirt paths, to start your walking and running programs.
- Make sure that you have appropriate footwear for your activity.
- If you have any injury concerns, stop your activity and consult an APA physiotherapist. The sooner that you address these injuries the quicker you can resume your favourite activity.

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