

Stay Safe during exercise:

Exercising at home, with appropriate exercises and guidance, is generally safe and healthy. Be sure to follow these reminders:

- Listen to your body. Always warm up before exercising and cool down afterward. Gauge your level of effort with the “talk test”. You should be exercising at a level that allows you to talk, but not sing.
- Be aware of your environment. Make sure you are in reach of a counter, back of a couch, or a sturdy chair that is pushed up against a wall in case you lose your balance and need to hold on to something. It may also be helpful to put a chair/couch behind you in case you need to sit or lose your balance.
- Hydrate. Drink water before, during, and after exercising, even if you don't feel thirsty.
- Wear appropriate shoes and clothing. Choose shoes that are made for the type of activity you want to do and choose clothes that work with your activity and your environment..