

Exercise is fun

Tip 1: Stretching

- Warming up – It is better to warm up at least 3-5 minutes before starting exercise
- The rubber band analogy – Your muscles are like a rubber band and are tight over night. Without proper stretching, they may sustain microscopic tears and damage joints also
- What do Runners and athletes do? – even great sprinters stretch for minutes to run for seconds
- Cooling down – similarly, better to stretch all joints, ligaments and muscles in cooling down

Tip 2: How much to exercise?

- 30 min x 5 days a week = 150 min is the minimum time a person must exercise weekly. Increasing it to 180-210 minutes is good



Tip 3: How much to increase exercise?

- The 25% per week rule – Any form of exercise, be it running or weight lifting needs to be increased slowly only by max 25% every week to avoid injuries



Tip 4: What exercise to do?

- Cardiorespiratory exercises (50%) – walking, running, cycling, swimming, Zumba, aerobics
- Resistance exercises (50%) – lifting weights, squats, pushups etc.



What are resistance exercises???

- helps keep the weight off for good
- protects bone health and muscle mass
- toning your muscles
- Better balance, coordination and posture
- improve glucose control
- boosts energy levels and improves your mood (more endorphin opiod release)



Tip 5: When to stop exercise?

- Your body is your best indicator. You can exercise till you feel discomfort.
- Pain is a blessing to tell your body when to stop exercise
- Be alert and verify when u listen to your friends, family and gym trainer etc when they push your limits and abet injury

Tip 6: Cross training?

- Cross training means changing activities everyday to challenge different muscle groups and thereby benefit the whole body
- Even great sportsmen sometimes play another game to avoid challenging same muscle groups continuously
- Mixing up workouts helps avoid monotony and injury of certain muscles
- It Improves Posture And Co-ordination.
- It Boosts Mental Strength.
- Recovery is Faster.

Tip 7: FITT

- Frequency
- Intensity
- Time
- Type
- Any exercise you do, note these four factors and improve upon them

Tip 8: Shoes vs slippers vs Barefoot?

- Slippers – avoid slippers for exercising ass it may injure the joints
- Shoes and Barefoot walking are both good

Tip 9: Walking and running surface

- Asphalt, tar road and concrete are too hard on the knees and may cause injury to joints
- Soft surfaces like soil and grass are good, however when their surface is uneven, they cause joint damage
- The use of treadmill is controversial, but they are perhaps better than very hard surfaces

Tip 10: DOMS (Delayed Onset Muscle Soreness)

- This is the pain throughout the body felt next day after unusual exercise. We tend to stop exercise immediately in such cases. Never do that. Reduce the pace. Do gentle stretching and muscle massages. Take fair rest. Ice the inflamed areas. General hot showers are good as Heat helps to increase blood flow to your muscles.

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