



# General Guidelines and Resources for Exercise

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## **Stretching:**

- ✓ Stretch after you have warmed up and/or at the end of your workout/exercises.
- ✓ Stretching should not cause pain, you should feel a gentle pull.
- ✓ Hold stretch a minimum of 10 seconds while breathing normally.
- ✓ Watch your form and posture, use a mirror if needed to monitor this.

## **Exercise:**

- ✓ Start out slowly with a few exercises and gradually add new exercises over time.
- ✓ Perform a combination of strengthening exercises and cardiovascular activities.
- ✓ Work muscles evenly (example if you perform a bicep curl also work the tricep muscle)
- ✓ You may feel muscle soreness after a workout especially if you make a change or are just starting out. This soreness generally is felt the most 24-48 after a moderate-high intensity workout.
- ✓ Drinking water based on guidelines for your body type is important
- ✓ Try to make changes to your workout every 2-3 weeks so that your body is getting new demands. Adding new exercises, increasing time, increase sets, repetitions, or weight. (Do not change all of these at once, pick one or two).
- ✓ Use the resources available to you get creative.

**References:**

American Heart Association. (2018, April 18). *American Heart Association recommendations for physical activity in adults and kids*. Fitness basics.

U.S. Department of Health & Human Services. (2020, September 17). *Physical activity recommendations for different age groups*. Physical activity.  
<https://www.cdc.gov/physicalactivity/basics/age-chart.html>