

Getting back Outdoors

The clocks have changed, the evenings are lighter and the warmer weather is on the way. Are you looking forward to getting back into the outdoors to do those activities and hobbies that have been neglected over the winter?

Whether it be gardening or walking, cycling or a new sport, here are a few pointers to help you increase your activity levels as smoothly and safely as possible;

WARMING UP

Spend a few minutes warming up the body parts you are about to use by moving them more gently. For example, a gentle jog at the start of your run, or shoulder rolls before doing upper body activities.

STRETCHING

Regularly stretch the main muscles that you will be using, ideally at least twice a day for 20 seconds per muscle. For example, if you are going cycling, stretch the front and back of your thighs.

WARMING DOWN

Spend a few minutes cooling down the body parts you have been using by moving them more gently (as with your warm up). This will help to prevent muscle soreness. For example, spin your legs on a low gear if you are cycling.

EXTRA TIP FOR BACKS

If your activity involves lots of bending then break it up by doing regular back stretches. Stand up, put your hands at the back of your waist and lean gently backwards. Repeat 3 or 4 times. This will help to prevent backache.

