

## H7-1 Dodging Common Exercise Pitfalls

**Troublesome technique:** Proper technique is important for getting the most benefit from your fitness activities.

**A small breath of air:** Longer and deeper breaths than normal will help you get oxygen deep into your lungs where it's needed.

**Beginner's pluck:** The rapid gains in the beginning stages of an exercise program can inspire you to do too much too soon. Working out like a veteran can easily lead to injury.

**Veteran's overconfidence:** Don't try to advance more quickly than your body will allow. Avoid overconfidence.

**Feel the burnout:** If you find yourself dreading exercise sessions, take a few days off to regain your enthusiasm.

**Not easing in and out:** Your body needs an adjustment period at the beginning and end of each exercise session. Allow time for warming up, cooling down, and stretching.

**Leave it for the weekend:** Using sports as a means of getting in shape is likely to backfire. Instead, get in shape first so you can enjoy sports safely.

**Fair-weather exercise:** You'll make little progress if you exercise sporadically. The key to success is consistency.

Source: Adapted from Stamford, B. 1997. Exercise advisor: Dodging common exercise pitfalls. *The Physician and Sportsmedicine* 25(7).