

## TIPS FOR KEEPING IN SHAPE

1. Keep your inspiration in check - if you've been inactive for some time it's important to start slowly and gradually build up.
2. Take into account your medical history or any problematic areas which may affect your choice of activity.
3. The best activities to start with, are the low impact activities, such as walking, swimming or using an exercise bike.
4. Don't forget the benefits of incidental exercise - take the stairs, walk to the train station or local shops.
5. Consult your local APA physiotherapist about an appropriate exercise program tailored to your needs.
6. Remember that warm up and warm down accompanying gentle activity and stretching will help to minimise your muscle soreness from new activity.
7. Gyms can be great places to "get active" but you must ensure that you will be well supervised.
8. Seek soft surfaces, such as grass and dirt paths, to start your walking and running programs.
9. Make sure that you have appropriate footwear for your activity.

If you have any injury concerns, stop your activity and consult an APA physiotherapist. The sooner that you address these injuries the quicker you can resume your favourite activity.