

Cool Down & Stretches



Remember *always* cool down after exercising

Cool down for **5–10 minutes** with a **low intensity** activity e.g. walking, jogging, stretching all main muscles used

Why Cool Down?

To transition from exercise back to a steady state of rest.

- reduce heart & breathing rates
- gradually cool body temperature
- return muscles to optimal length-tension relationship
- prevent venous pooling of blood in lower extremities which could cause dizziness/fainting
- assists removal lactic acid, carbon dioxide & other waste products
- help prevent delayed onset of muscle soreness (DOMS)



Rehydration (replacing fluids lost through exercise e.g. sweating) is also vital

Following any particularly strenuous exercise, flavoured milk or meal replacement drinks are a suitable choice to make up for the Glucose (a type of Carbohydrate) lost during exercise after being used to produce the energy needed for muscle contractions.

Stretch Ideas



Hold each stretch for at least **15 seconds**

Max. 30 seconds

