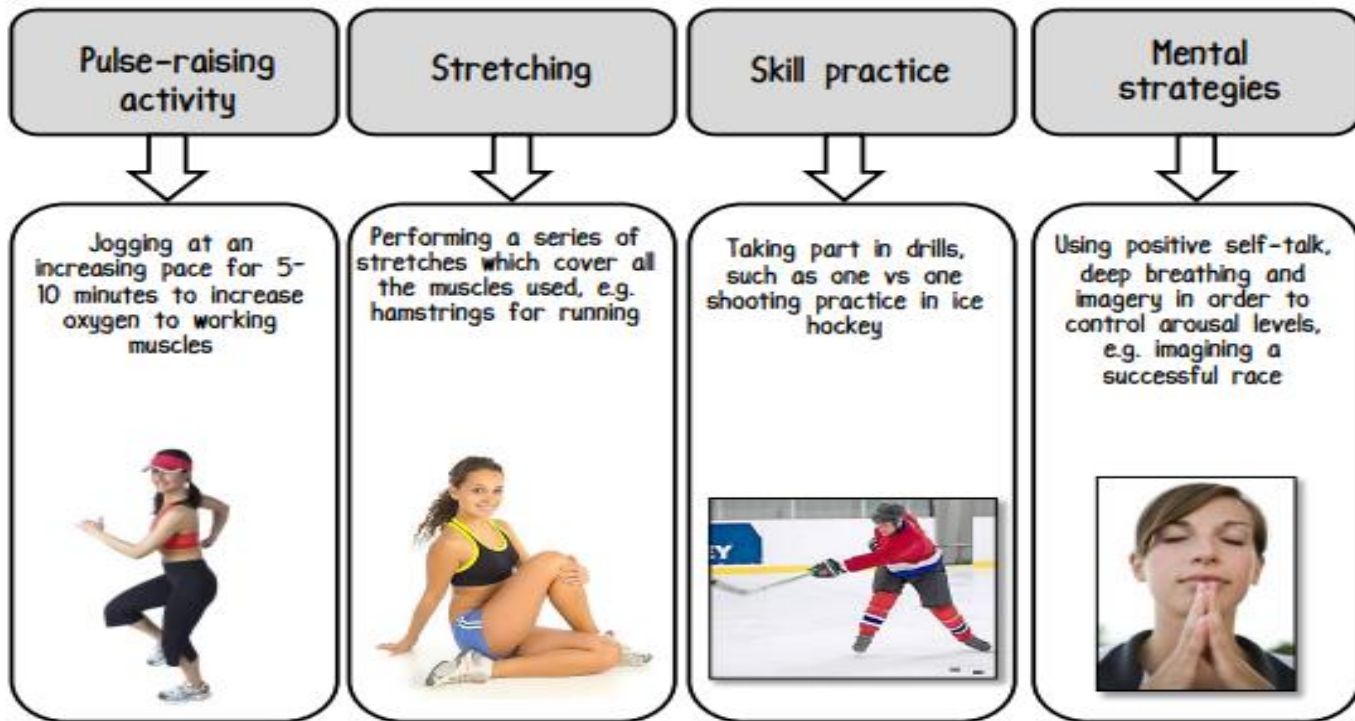


Effective Use of a Warm-up and Cool-down

Warm-up

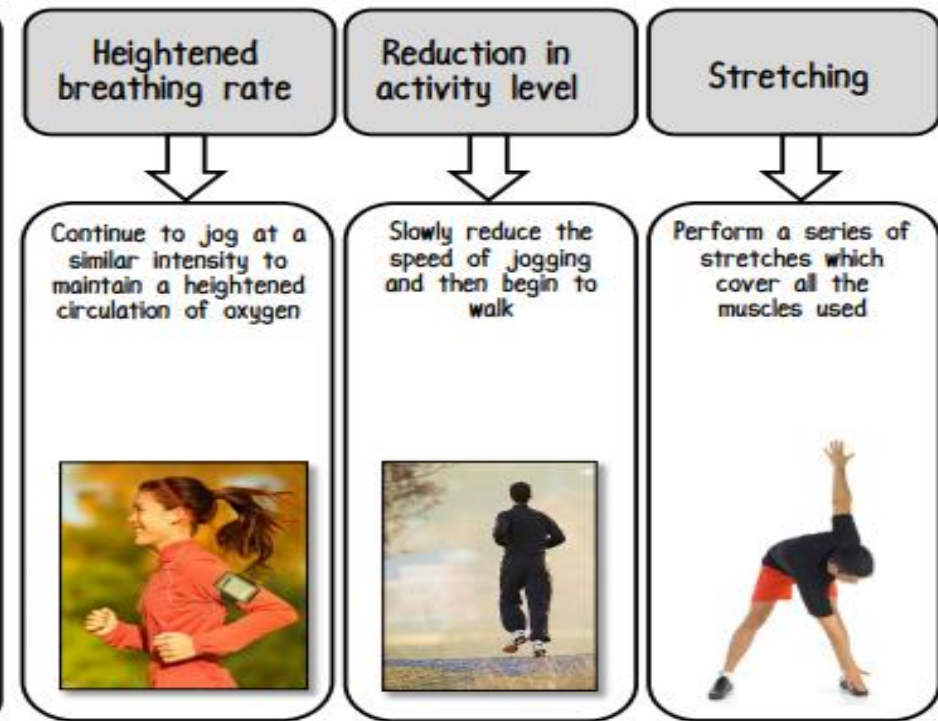
It is important that a warm-up is performed prior to exercise in order to prepare the body for physical activity. A warm-up is designed to reduce the risk of injury and improve performance. The four main components of a warm-up, examples of each component, and the benefits of warming up are outlined below:



Physical Activity

Cool-down

It is important to perform a cool-down following physical activity in order to improve the recovery of the body. The three main components of a cool-down, examples of each component, and the benefits of cooling down are outlined below:



Benefits of Warming Up

- ⊗ Increases body temperature
- ⊗ Increases the range of movement that can be achieved at a joint (flexibility)
- ⊗ Provides an opportunity for the athlete to work towards full-intensity exercise
- ⊗ Provides an opportunity for the athlete to mentally prepare themselves for competition, e.g. using breathing strategies to reduce arousal
- ⊗ Skills which are required during competition can be practised so that the athlete is ready to perform them
- ⊗ Reduces the chance of the athlete becoming injured during competition
- ⊗ Increases the amount of oxygen delivered to the active muscles

Benefits of Cooling Down

- ⊗ Helps the body to recover from the effects of exercise
- ⊗ Helps the body to remove lactic acid and carbon dioxide
- ⊗ Helps to prevent or reduce the effects of delayed onset of muscle soreness (DOMS)