



*"Fundamentals in Functional Fitness"*

### Tips for *Safe* Physical Activity Classes

1. Have participants do a PAR-Q (physical activity readiness quiz) and/or determine medical clearance is necessary. If it is...request one before they start.
2. Advise participants to...
  - "Listen to your body and do what it says."
  - "Don't overdo it."
  - "Don't exercise if you are ill and/or running a fever."
  - "Always keep a relaxed, even breathing pattern. Your muscles need oxygen to work and your blood pressure increases when you hold your breath."
  - "Stop and rest if you begin to feel uncomfortable."
  - "Work at an intensity that is comfortable for you, not allowing yourself to get to the point where you are feeling breathless."
3. Make sure to include 3-5 minutes at the start (warm up), and the finish (cool down), of abdominal breathing and minimal arm and leg movements.
4. Make water available to participants in an effort to keep them hydrated.
5. Ensure that surroundings are safe and free of obstructions, including safe equipment. Also, suggest comfortable clothing...including supportive shoes.
6. Encourage good posture & lifting techniques during your activities.
7. A doctor should be consulted if a participant experiences...
  - i. Tightness in his or her chest, neck or throat.
  - ii. Difficulty breathing or an abnormal heart beat."
  - iii. Weakness, nausea, light-headedness or visual interruptions."

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