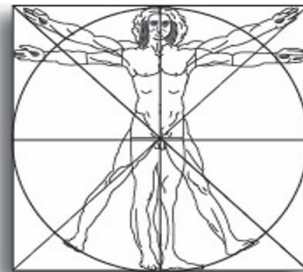


# SOUTHPORT PHYSIOTHERAPY CENTRE



**Summer 2023/24**

## **Pre to Post Workout**

### **Tips and Tricks**

Part of your daily routine should include thirty minutes of physical exercise, whether that's going for a run, taking a Pilates class, or simply using the stairs instead of the elevator.

However, before beginning your daily dose of exercise, there are a few steps to take to ensure a safe and enjoyable workout session:

- Ensure you are wearing suitable footwear (you wouldn't wear ballet shoes to a soccer match)
- Before beginning your workout, be sure to thoroughly warm up (nobody wants a pulled hamstring)
- Do a light active movement routine to warm up the muscles and joints.
- If you have a tender area that is prone to pain or maybe you're recovering from an injury, take precautions (taping your ankle or wrist could make the difference between missing next week's tennis match)

During your workout, don't be afraid to take a break.

Remember to keep stretching and sipping water; staying hydrated is an essential part of keeping fit and healthy.

Post workout warm downs are critical to your muscles and exertion levels. Once completing your workout, always:

- Stretch (the longer the better!)
- Keep sipping on water.
- (If you decided to tape a limb) after a workout when you're still sweaty is the best time to remove it pain-free.
- Most importantly, relax and breathe. Catch your breath before running off to your next appointment.



**Steven Gordon**  
B.Phty (UQ), BHMS

**“Those who do  
not find time  
for exercise  
will have to  
find time for  
illness. —  
Edward  
Smith-Stanley**

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