

LET'S GET WARMED UP

THERE ARE NUMEROUS BENEFITS TO WARMING UP BEFORE A GAME OR ACTIVITY. WARMUPS WILL DECREASE CHANCES OF INJURY AND GET YOU IN PEAK CONDITION.



Without a warmup, your muscles may be stiff. When you warm up before an activity, you make your muscles more flexible and elastic, so if they do experience a twisting, cutting or stretching force during the activity, you are less likely to get injured.



Your muscles will contract with more force and relax quickly. This results in enhanced strength and reaction time! They also increase your body and mind's readiness for the activity!



You should always warmup for 10-15 minutes before a game or activity, but don't overdo it. Save some energy for the game!



Make sure you are targeting the muscles you will be using for your activity by performing the right mix of exercises and stretches



**FRONT
TO BACK**



**SIDE
TO SIDE**



ROTATING



**STRETCH
+ HOLD**



FUN FACT! DURING A PROPER WARM UP, THE TEMPERATURE OF YOUR MUSCLES WILL INCREASE! SO, YOUR MUSCLES ACTUALLY DO WARM UP!

To learn more health tips, visit <https://www.chiefs.com/wellness/>.

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