

BACK YARD

BOOTCAMP

For Cystic Fibrosis



Warming Up & Cooling Down Factsheet

Warming up your body before exercise and cooling down after are both very important in helping to take care of your body during exercise and allowing for a proper recovery.

Warming Up

The warm-up prepares the body for exercise by gradually increasing the heart rate, breathing and blood circulation. This helps to minimise the risk of injury and support fitness improvements.

Warming up should last around 5 to 10 minutes and include a mixture of low intensity aerobic work mixed with some light stretching.

Here are some helpful exercises to do to warm up:

- Low Intensity Aerobics: Walking, slight jog or soft bouncing on a trampoline
- Light Stretching: Check out some of the stretching exercise on the next page.

Cooling Down


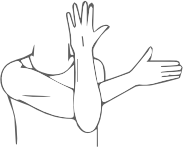





The cool down helps the body to return to its normal state, including bringing the heart rate, breathing and blood circulation back to the body's resting rate. A cool down should include a gradual yet continuous decrease in exercise intensity (e.g. from running, to jogging, to walking), stretching and rehydration. Cooling down should last between 3 and 10 minutes (or more for some people).

Here are some helpful things to do to cool down:

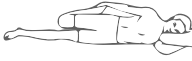
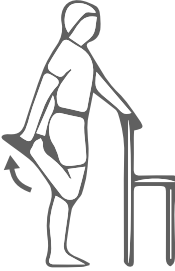

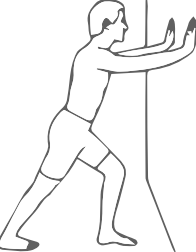
- Movement: Gentle walking
- Stretching: Arms, legs, core, back stretches and yoga poses
- Breathing exercise: Sit or lay and do a short breathing exercise
- Hydrate: Drink plenty of water

Stretching Exercises

Upper Body Stretches

EXERCISE	INSTRUCTIONS	BENEFITS
UPPER BACK STRETCH 	<ul style="list-style-type: none"> Interlace fingers and turn palms out. Extend arms in front at shoulder height. Hold for at least 30 seconds, relax and repeat. 	<ul style="list-style-type: none"> Stretches shoulders and middle back.
SHOULDER STRETCH 	<ul style="list-style-type: none"> With your shoulders down and relaxed, reach one arm across your chest, parallel to the floor. With the other arm, place your hand on the elbow. Gently pull your elbow in toward your chest. Hold the stretch Relax and repeat on opposite side. 	<ul style="list-style-type: none"> Stretches shoulders and triceps.
UPPER SIDE STRETCH 	<ul style="list-style-type: none"> Raise your right arm straight up. Tilt your upper body at the hips to your left to stretch the entire right side of your body. Repeat on other side. 	<ul style="list-style-type: none"> Stretches muscles on your side and back as well as your abdominal muscles.
FULL BODY STRETCH 	<ul style="list-style-type: none"> Lie on your back and stretch your arms up above your head until they are flat on the floor. Stretch out to elongate your body. 	<ul style="list-style-type: none"> Lengthens and elongates your body
ABDOMINAL TWIST 	<ul style="list-style-type: none"> Sit down on the floor, legs straight, away from each other. Stretch by rotating your upper body to one side then to the other. 	<ul style="list-style-type: none"> Stretches your abdominal and back muscles.
THORACIC NOODLE STRETCH 	<ul style="list-style-type: none"> Lying on your back, place a pool noodle horizontally along your upper back (across your shoulder blades). Legs bent at 90 degrees. Place arms on sides of your head. 	<ul style="list-style-type: none"> Stretches upper back.
SPINAL EXTENSION 	<ul style="list-style-type: none"> Lie on your front and rest your forehead on the floor with legs straight and slightly wider apart than hips. With bent elbows, position your hands palms down, slightly wider and above your shoulders. Gradually lift your head and chest off the floor but keep your lower ribs in contact with the floor. 	<ul style="list-style-type: none"> Stretches lower back muscles.
DOORWAY STRETCH 	<ul style="list-style-type: none"> Stand in a door frame. Bend your elbow and support the forearm against the door frame above shoulder height. Exhale and lean your body forward, rotating your upper body away from the arm until you feel stretching in your chest muscles. 	<ul style="list-style-type: none"> This can be done with either one arm or both arms at the same time. To stretch both sides together, do this exercise in a corner.

Lower Body Stretches

EXERCISE	INSTRUCTIONS	BENEFITS
SIDE-LYING HIP FLEXOR STRETCH 	<ul style="list-style-type: none"> Lie on your left side with both legs straight, and left arm resting on the floor underneath your head. Bring right heel into the buttocks while holding on to your foot. Pull your heel toward your buttocks to feel a stretch through your upper front thigh muscles. Repeat on other side. 	<ul style="list-style-type: none"> Stretches hip muscles.
QUADRICEPS 	<ul style="list-style-type: none"> Stand and touch wall or stationary object for balance. Grasp top ankle or forefoot behind. Pull ankle or forefoot to your bottom. You should feel the stretch along the front of your thigh. Repeat on other side. 	<ul style="list-style-type: none"> Stretches front of thigh.
SEATED HAMSTRING 	<ul style="list-style-type: none"> Sit on a mat with your right leg extended in front of you and your left leg bent with your foot against your right inner thigh. Lean forward from your hips and reach for your ankle until you feel a stretch in your hamstring. Repeat on other side. 	<ul style="list-style-type: none"> Stretches back of leg, behind the knee.
STANDING CALF STRETCH 	<ul style="list-style-type: none"> Stand a few feet from a wall with arms on the wall and step the leg to be stretched behind you. Lunge forward onto your front leg until you feel a stretch in your calf on the back leg. Keep back knee straight and heel on the floor. Hold and repeat on other side. 	<ul style="list-style-type: none"> Stretches calf.

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