

Spring into spring!

Submitted by Brett McIff, Healthy Taylorsville Committee

Warm weather just begs for a brisk walk around the park, or a game in your backyard, so take a deep breath and stretch as you come out of your winter hibernation this year.

If you haven't been very active this past winter, don't try to be a fitness pro all at once. Every workout should start with a 5-10 minute warm-up consisting of increasing intensity, not stretching, to increase blood flow to your arms and legs.

After being active for as long as you would like, do a cool down to get your heart rate back to normal. Throw in some stretches and you are light-years ahead when it comes to preventing injury. It is tempting to try to do too much, too fast, too soon, but that will only make you too sore. Plan for the long term and get moving!

