

A weekly resource
for your well-being

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A TIP FOR TENNESSEANS

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THREE QUICK WORKOUT FIXES

Whether you go to the gym or stay active at home, regular exercise does a body good. It helps lower heart disease risk. It makes bones stronger. And, it helps reduce stress. However, some fitness mistakes like forgetting to stretch could make your workout less effective.

The right foods and techniques can help you get the most from your activities and lower your risk for injuries. Here are three important tips to help you get the most out of your active time.

1. FUEL UP RIGHT

Eating a snack before you exercise gives your body the fuel it needs to power through. Try eating a mix of carbs, protein and certain fats like a banana with peanut butter before you exercise. Also, drink 3 to 8 ounces of water every 15 to 20 minutes if you exercise for 60 minutes or longer. Staying hydrated helps steady your body temperature. It can also help you avoid cramps and dizziness.

2. STRETCH

Stretching before exercise may lower your risk of injury, improve flexibility and reduce pain. Cooling down afterwards helps muscles recover. Avoid static stretching, where you stretch and hold a pose. It can cause muscles to tighten. Instead, stretch while you move and mimic the exercise you're about to do. This will warm up the muscles you're about to use. After your workout, wind down with long stretches to relax your warm muscles.

3. LOOK BEYOND THE NUMBERS

Tracking calories, number of steps and heart rate will



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you the whole picture.

They don't show you what you ate before and after your activity. And they don't show how often you're active. Try recording your meals and activities to get a full view of your habits, especially if you're working on a health goal.

Read more about why [regular exercise](#) is wise.



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