

MCFR MONTHLY WELLNESS

AUGUST 2023 NEWSLETTER

HOT TOPIC:

Physical
Fitness



BE A CATALYST FOR YOUR HEALTH

Getting Started in the Gym

- **Create a baseline.** Assess your aerobic and muscular strength to create a base goal for performance in the gym.
 - Time how long it takes you to walk/run a mile and record your heart rate 1 min after finishing.
 - How many push-ups or squats can you do at a time?
- **Set goals.** Are you aiming to lose weight? Do you just want to be more active? Are you preparing for a 5K? Tailor your program to your specific goals.
- **Start slow.** Start with weight that you are able to complete the full range of motion of the exercise with. If you can't fully complete it, then you need to move down in weight. If you can't run a full mile, run half and walk half and slowly progress yourself.
- **Listen to your body.** Soreness is normal, but extreme soreness and pain immediately or the day after a workout is not. If you are experiencing pain, you need to cut back on weight and/or intensity.
- **Warm-up and cool down.** Start with stretching, joint mobility and aerobic activity (biking, walking, rowing, running) as a warm-up to strength or high intensity training. Cool down after your workout with foam rolling, joint mobility, and stretching.
- **It's ok to rest!** Rest days are needed to allow your body to recover and perform at its best for the next workout. Aim for at least 1-2 rest and/or recovery days a week to start.

QUESTIONS ABOUT WHERE TO START?

INTERESTED IN A MOBILITY/ACTIVE RECOVERY PROGRAM FOR YOUR CREW?

CONTACT KELSEY BY SCANNING THE QR CODE & SENDING HER AN EMAIL/TEXT

WHAT YOU CAN DO TODAY

1. **Did you know you have free access to all Montgomery County recreation facilities**, including swimming pools and gymnasiums? For more info, click [HERE](#).
2. **Have you checked out the Virgin Pulse program through LiveWell?** Click [HERE](#) for more info on resources for online workouts, nutrition and recipe programs, and mental health resources.
3. **No idea where to start?** Contact Kelsey Tanler (QR Code below or on [QUICKLINKS](#)) for guidance on starting an exercise program or on proper movement patterns.
4. **Take inventory of your PT space.** Take the time to see what your gym has at your station or at home. This can help you in creating exercise programs. You can also do anything with just your body weight.
5. **Check in with your primary care before starting anything new or if you have any current concerns.**

COMING SOON



MCFR Injury
Prevention
YouTube channel

RESOURCE FOR VIDEOS
ON DIFFERENT
STRETCHES, MOBILITY
EXERCISES, AND MORE
THAT YOU CAN TRY ON
SHIFT OR AT HOME!



CREATED BY KELSEY TANLER, DAT, LAT, ATC
MCFR HEALTH & INJURY PREVENTION