



Fitness tips from the National  
Institute on Aging at NIH



## Exercise Safety Tips



### SAFETY

- Muscle soreness lasting a few days and slight fatigue are normal after muscle-building exercises, at least at first. After doing these exercises for a few weeks, you will probably not be sore after your workout.
- To prevent injury, don't jerk or thrust weights. Use smooth, steady movements.
- For some exercises, you may want to start alternating arms and work your way up to using both arms at the same time.
- Breathe out as you lift or push, and breathe in as you relax.
- Don't hold your breath during strength exercises. Holding your breath while straining can cause changes in blood pressure. Breathe in slowly through your nose and breathe out slowly through your mouth.
- Talk with your doctor if you are unsure about doing a particular exercise, especially if you've had hip or back surgery.



National Institute on Aging

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