

LET'S GO RUNNING!



Our exercise routines have been interrupted as we take measures to protect our world in this pandemic. Whether you usually go to exercise classes, to the gym or you are looking to take up a new activity. Running is a great choice, it allows you to get outside into the fresh air, gets the blood flowing, it can give your mind a break and it's good for your overall health. Bonus point you can run on your own! As a beginner, it's important to prepare and load the body correctly to prevent injuries and make the experience enjoyable. (For individuals with any health-related problems or previous/current injuries, before taking up running please consult with your physician or opt to walking.)

Adding a dynamic warm up before your run promotes blood flow, allows the core body temperature to rise, increase joint mobility and reduces stiffness. Follow the guide below to prepare the body for your run.

Warm Up Movements: Complete 8 reps of each exercise before you begin.

1. **Ankle Rotations:** Stand on one foot and rotate opposite ankle around in complete circles in both directions.
2. **Hip Openers/Closers:** Stand on left leg keeping ankle, knee and pelvis in line, raise the right knee to hip level, rotate out to the side and return to standing position. In standing position, turn the right foot out, lift the right knee up, rotate inwards to return to standing position. Complete in both directions with right and left leg.
3. **Leg Swings:** Stand with feet shoulder-width apart, swing one leg forward and backward. Gradually increase the range of motion. Complete the legs swings with left and right leg.
4. **Arm Circles:** Stand with shoulders relaxed, chin tucked, begin arm rotations in small circles. Gradually increase the range of motion. Complete in both directions.
5. **Squat and Reach:** Stand with feet shoulder-width apart, sit back and down, keep your chest upright, shoulders relaxed, push through your heels as you return to starting position, reach overhead.
6. **Lunge Matrix:** Begin with standing on your right foot, complete the next three exercises on the left leg, complete a forward lunge, return to standing position, complete a lateral lunge, return to standing position, complete a reverse lunge. Ensure chest is upright, core engaged, and joints are aligned – knee over ankles, shoulders over hips. Complete 4 reps on each leg.

Enjoy your run!