

Did You Know...

Being Physically Active is good for both the body, and mind!

Among other things, this last year was a time where many of us opted to binge-watch shows from our favorite streaming service in our spare time, firmly parked on the couch.

Let's Get up, and Get Active! But before you do:

Set Realistic Goals:

- Whether your goal is to swim more laps, lift a certain amount of weight or run a specific distance, set an obtainable goal and gradually work to improve.

Plan and Prepare:

- If you plan to begin exercising regularly or want to begin a new program, discuss with your primary care giver or certified personal trainer. Make a plan that's right for you!

Warm up and Cool Down:

- It is important to warm up and cool down before and after physical activity to avoid injury. To accomplish this, try light walking or jogging with some stretching before and after.

Take Your Time:

- Don't push yourself too hard too fast. Getting in shape or learning a new sport takes time.

Set Realistic Goals:

- Adjust your activities if your body is showing signs of too much stress. Short-lived muscle pain is "good pain", pain in your joints are usually a sign to slow down.



At Black & McDonald, Nobody Gets Hurt, Today or Tomorrow!