

**EXERCISING
SAFELY**



Exercise Precautions and Safety Tips

Physical activity carries risks as well as benefits.

To minimise the risk of activity-induced injuries, you should be aware of the signs of over-exertion, safety risks and take reasonable precautions.

Here are some exercise precautions and safety tips:

- Always warm up before doing exercise and cool down afterwards to lower the risk of strains and sprains.
- Take appropriate breaks during the activity.
- Do not exercise with an empty/full stomach because this can affect digestion.
- Replenish extra fluids before, during and after physical activity, especially for prolonged exercise like hiking.
- Beware of the weather and environmental conditions. Avoid doing vigorous exercises when it is very hot or humid.
- Listen to the body. Do not exercise when unwell. If there is dizziness, shortness of breath, chest pain, nausea or vomiting, or muscle and joint pain during exercise, stop the activity and seek medical advice as soon as possible.

We suggest following government advice on social distancing and exercising at home as/when required.

