

Cool-Down

WHAT IS IT?

- Cooling down of the body
- Bringing the body down to a normal rate

WHY DO IT?

- To decrease the heart rate
- To prevent blood pooling in the legs

WHEN TO DO IT?

- After a workout where your heart rate is elevated above normal

HOW LONG?

- Between 5 to 10 minutes
- Depending on the fitness level and age of the individual
- A good guide is "HOW YOU FEEL"
- Check your pulse to see if it's come down close to a normal heart rate

WHAT TO DO?

- Locomotion movements such as walking, marching, and side stepping
- Slow controlled movements
- Keep arms below shoulder height
- Constant moving but at a slower pace

* By cooling down properly after exercise, you decrease the risk of an elevated blood pressure, which can lead to problems including cardiac distress.



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