



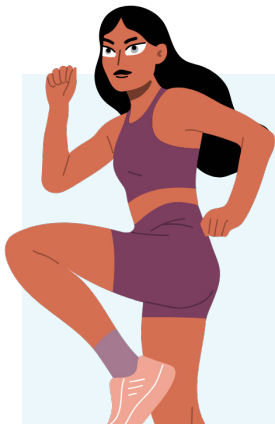
Just 10 Minutes Can Protect Your Muscles & Joints

Just like you wouldn't start your car on a freezing morning and floor the gas, your body needs a warm-up and cool-down. These simple steps protect your muscles and joints, helping prevent MSK conditions and injuries.



QUICK TIP

Warm-up and cool-down needs can vary based on your workout, age, temperature, past injuries, and other factors.



Warm Up: Prime Your Body

When: 5-15 min before exercise

Do: Dynamic movements (lunges, arm circles, jog in place, jumping jacks)

Benefits:



Boost blood flow



Activate brain-muscle connection



Increase range of motion



Lower injury risk

Cool Down: Help Your Body Recover

When: 5-10 min after exercise

Do: Light activity + static stretches (walk, hamstring stretch, triceps stretch, forward bend)

Benefits:



Speed recovery



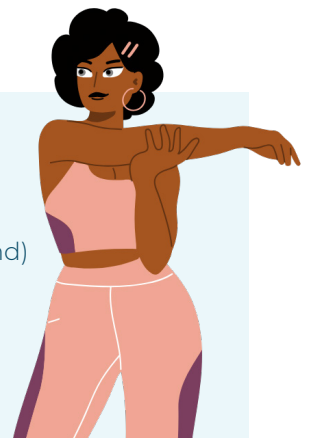
Restore mobility



Lower heart rate



Prevent injury



Take a few minutes to move and stretch before and after exercise, your body will thank you.