



## **How can I avoid feeling sore after a workout?**

Here are 5 tips to make sure you feel the way exercise is intended to make you feel -- great!

1. Eat a small snack about an hour before your workout to help give you energy.
2. Spend a few minutes to warm-up before your workout and stretch after you're finished.
3. If you are starting a new exercise routine, do it gradually.
4. You shouldn't feel completely fatigued. If you do, decrease the intensity of your workout.
5. Drink plenty of water. Dehydration can make you feel tired.

Being active is an important part of a healthy lifestyle for individuals and families. If you can find ways to keep exercise and fitness fun, you have a better chance of creating lifelong healthy habits.

