



- 1. **STRETCHING** before and after exercise can help prevent injuries.
- 2. **WARM UP** your muscles before starting any exercise routine.
- 3. **COOL DOWN** your muscles after exercise to prevent soreness.



- 4. **PROPER FORM** is essential for maximizing benefits and preventing injuries.
- 5. **CONSISTENCY** is key to achieving long-term results.
- 6. **LISTEN TO YOUR BODY** and stop if you experience pain or discomfort.
- 7. **HYDRATE** properly to stay hydrated during exercise.
- 8. **GET ENOUGH SLEEP** to allow your body to recover and repair.

**Remember:** Always consult with your doctor before starting any exercise program, especially if you have pre-existing conditions or injuries.

- 9. **Stay motivated** by setting realistic goals and tracking your progress.
- 10. **Find a workout partner** to keep you accountable and motivated.
- 11. **Take breaks** when needed to avoid burnout and overexertion.
- 12. **Stay positive** and enjoy the process of improving your health.