

jBfit Tips

JenBauerFitness.com
267-246-0074

4/20/2016

[Edition 1, Volume 1]

Life after the Thaw

Spring Safety Considerations

Finally!!!! Spring has arrived and it is very exciting to be able to enjoy the longer and warmer days. If you are someone who has spent the winter months sedentary, it would be wise to ease into any activity that requires physical exertion. Perhaps you want to begin tackling the dreaded dandelions that are flourishing all over our area. If so, take caution and consider starting slowly with 10 – 15 minute increments. Build slowly and work safely. If you are going to muscle the weeds out of the ground be sure that you are not hunched over and straining your back. Hold your

“Perhaps you want to begin tackling the dreaded dandelions that are flourishing all over our area”.

abdominal muscles tight while pulling. Remember to hydrate and take breaks, the weeds are not going anywhere and will certainly wait for you take a rest!

This is a great time of year to begin a walking program and to incorporate the recommended 30 minutes a day of physical activity. I recommend beginning with 10 to 15 minute increments and again, building slowly and safely! Consider lightly stretching before and after any activity to help offset any muscle soreness.

Stretches: Back – bend at the waist and gently reach towards your toes; Quads – while standing bend your knee and reach for your ankle with the same side hand and gently pull your foot toward your glutes, use a chair or wall for balance; Calves – place the ball of your foot on a stair and gently straighten the leg.

One last safety consideration is checking your family’s smoke alarms, carbon monoxide detector and, if you do not already have a family emergency evacuation plan, now is a great time to put one in place!

Don’t Forget Sunscreen!



It is no secret that the majority of skin cancer is caused by ultraviolet rays generated by the sun. Prevent skin cancer by making sure to use sunscreen on all exposed skin...don’t forget your ears and neck. The American Cancer Society recommends limiting time in direct sunlight during peak hours, 10am to 4pm. The ACS also recommends examining your skin for any changes and to see your doctor if you have any concerns.

References

American Cancer Society (2016). Retrieved from: <http://www.cancer.org/healthy/morewaysacshelpsyoustaywell/acs-skin-cancer-prevention-activities>
National Safety Council (2016). Spring: A great time to review your safety checklist. Retrieved from: <http://www.nsc.org/learn/safety-knowledge/Pages/spring-cleaning-checklist.aspx>

Email: Jen@JenBauerFitness.com