Chapter 3: Exercising Safely

• Safety First!
• Selecting Exercise Clothing
• Exercising in Hot Weather
• Exercising in Cold Weather
• Exercising in Polluted Air
• The Sun and Skin Cancer
• Other Precautions
• Common Problems Associated with Exercise
• The Biomechanical Principles of Exercise
Fluid Replacement

Don’t wait until you are thirsty to begin drinking!

- Drink a couple of cups of water an hour or two before exercising.
- During exercise drink a cup of water every 15 minutes.
**Heat Cramps**: a sudden cramping of the muscles caused by excessive loss of body fluids

**Heat Exhaustion**: a body condition usually caused by lack of fluids and excessive heat

**Heatstroke**: a serious condition resulting from prolonged exposure to high temperatures and the body’s inability to cool itself
Skin Cancer Detection

Asymmetry

Border

Color

Diameter
**Biomechanics** is the study of human motion and the effect forces have on the body.

It is important to observe the biomechanical principles when working out.