



Engaging Physiotherapists and gymnasts in the digital performance of their profession for distance guidance in physical exercise

TAKE A BREAK FROM WORK:

TIPS ON HOW TO EXERCISE AT HOME

WARM UP AND COOL DOWN

Starting with a warm up will help your body to get ready to exercise. After your workout, you should always "cool down" in order to get your heart and breathing stabilized.



PAY ATTENTION TO THE POSTURE

When exercising without the guidance of a professional, it is important to pay attention to the posture we have, such as a straight back, upright shoulders and neck.



VARIETY IS IMPORTANT

Having an exercise routine is important, however, you should mix up the exercises everytime in order to keep motivated and to train different areas of the body

KNOW YOUR LIMITS

Hearing your body is important in order to know it. Everyone is unique and it is crucial to adapt workouts to your body, needs and skills. Going over the limit could damage your body.



HAVE FUN

Creating and following a workout routine isn't always easy. You might feel like exercising is a chore and that makes it hard to feel motivated and to actually enjoy the workout time. For this, is important to create a workout based around your likes and dislikes. Maybe you can workout with your family!

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