

Inside Sutter Health and My Sutter
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Are you a weekend warrior?

Sometimes busy work schedules mean exercise is only possible on weekends. But beware weekend warriors. Gabriel Chua, M.D., a family medicine physician with a background in sports medicine at Sutter Solano Medical Center warns that exercising intermittently increases your risk of injury. Here are some tips to reduce your risk:

- * Always warm up before exercising or participating in a sport. Cold muscles that are suddenly called into action are more likely to be pulled or torn.
- * Be sure to cool down after an activity. Cooling down is especially important as you get older, because it helps shift your heart rate back to normal. Heart attacks are more likely to occur after strenuous exercise because the heart rate drops too rapidly.
- * Try to fit in some type of exercise during the week— even if it's just a short walk. By varying your weekday activities with your weekend routine you will improve your overall fitness and prevent overuse injuries.
- * If you're starting a new activity, don't overdo it. Start with 30 minutes the first few times and gradually increase your duration.