



# Fitness In Therapy

## SPRING FORWARD INTO ACTIVITY



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**Life** is not a spectator sport and you should actively enjoy every minute! Whatever you enjoy doing, gardening, golf, tennis, walking or jogging, it is well known that physical activity combined with a healthy diet helps maintain strength, cardiovascular efficiency and flexibility.

All of these activities put strains on hips, back, shoulders, elbows and neck, which can cause injuries. Before starting any **training program** a check up is recommended, especially if you have been sedentary all winter or have any medical conditions.

**Flexibility exercises** should be done prior to any activity. It is important because it helps prevent your

muscles from becoming short and tight, which can lead to injury. The greater range of movement that you have the easier it is to perform your chosen activity. Simple mobility stretches specific to your activity should be done. Never force any movements, and stop immediately if you feel any pain.

**Aerobic training** means training with oxygen, therefore you should not be out of breath. You do want your heart rate and breathing to increase. Aim for low impact activities, brisk walking, swimming, low impact aerobic classes, do 3-5 times per week a period of 20-60 minutes.

**Strength training** helps prevent the breakdown of healthy muscle tissue and bones, along with strengthening connective tissues around the joints such as ligaments. Aim to perform weight training two times a week with two days rest between sessions. Never train sore muscles. If you feel starting with weight will be hard for you, get the advice of a personal trainer or physical therapist. You can also do research on the internet.

**Exercise** may not be able to protect you from all of life's ailments but it can help keep you mobile, independent, and mentally strong to participate in the activities you have waited all winter to enjoy.

*Email topics or questions to:  
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**#1 In Physical Therapy**

***Karen A. Marzulli:**  
founder of Fitness In  
Therapy in 1988, certified  
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