






## What Is The One Thing People Forget To Do When Working Out?

### ANSWER:

It's hard to pin down just one thing we see people not doing.

1. **WARM UP.** Warming up is an important part of your workout and forgetting to do so can lead to injury. Make sure to begin your workout with a five minute warm up. For example, walk in place or around your room.
2. **UNILATERAL TRAINING.** Most people only work their legs, chest, back, arms and other areas bilaterally or “together”. Try exercising them one side at a time to help prevent your stronger side from doing all of the work. Our facility has many machines that allow you to do this but you can also work each side separately while training at home.
3. **STRETCH.** One of the most common things that people forget to do is stretch after their workout. Stretching eliminates the lactic acid that has accumulated inside the body and also relaxes the muscles.
4. **ASK.** Fitness participants often do not take advantage of the expertise that the fitness staff at Club Aurora have. Our trained experts can help you with your questions, provide exercise suggestions and check your form to ensure that you are doing a specific exercise correctly.

Need answers to your fitness questions?

You can email them to [fitness@aurora.ca](mailto:fitness@aurora.ca) and one of Club Aurora's Fitness Professionals will post the answer On **The Training Zone** section of our Recreation At Home page [www.aurora.ca/recathome](http://www.aurora.ca/recathome)