





Exercise Safely

Maintaining an active lifestyle is key to good health, but poor form during a workout can cause harm. Take these steps to exercise properly so you can get the most out of your workout.

- 1. Keep your eyes up to save your neck and avoid rounding your shoulders.
- 2. Relax your face.
- **3.** Keep your shoulders down and chest lifted.
- **4.** Count exercise reps out loud.
- **5.** Engage your abs to support your lower back.
- **6.** Don't lock your knee joints.
- **7.** As you get fitter, go longer rather than harder.



To learn more helpful tips about maintaining a healthy lifestyle, visit **BeWellSHBP.com/Fitness** or call a well-being coach at **888-616-6411**.

Always consult your physician or other health care professional before starting this or any other fitness, nutrition and/or weight management program to determine if it is right for your needs.