

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](https://www.BeWellSHBP.com/Fitness) or call a well-being coach at **888-616-6411**.

