

Warm-Up, Cool-Down or Both?™

Choose a few purposeful minutes before and after movement based on what you are doing and how you feel.



A warm-up prepares you to move. A cool-down helps you transition toward rest.
Most planned workouts can include both.



What Do I Need?



Warm-Up

Before movement



Use when:

- Strength training
- Brisk walking or cardio
- Balance or agility practice
- You feel stiff or have been sitting

Purpose:

- Gradually raise your effort
- Practice the movements ahead
- Check how your body feels today

Cool-Down

After movement



Use when:

- Your breathing or heart rate is elevated
- You finished a moderate or hard session
- You want a gradual transition
- You feel better stopping slowly

Purpose:

- Lower the pace gradually
- Let breathing settle
- Notice how your body responded

Both

Before and after



Best choice for:

- Most structured workouts
- Longer or more challenging sessions
- New exercises
- Days when you feel stiff or less steady



Short and gentle movement may need only a brief beginning and an easy finish.

Your 4-Minute Warm-Up

1



Easy March or Walk

1 minute

Begin at a comfortable pace.

2



Shoulder Rolls & Arm Swings

1 minute

Move smoothly through a comfortable range.

3



Hip Hinge & Chair Squat Practice

1 minute

Use a small range and rehearse your form.

4



Movement-Specific Rehearsal

1 minute

Try the first exercise with less weight, range or speed.



Your body should feel warmer and more ready, not tired.

Your 4-Minute Cool-Down

1



Slow Your Pace

1 minute

Walk or march more gently.

2



Settle Your Breathing

1 minute

Let your inhale and exhale return to normal.

3



Gentle Mobility

1 minute

Try easy ankle, hip or shoulder movements.

4



Optional Comfortable Stretch

1 minute

Hold without bouncing or forcing.



Stretching is optional. Choose it when it feels useful and comfortable.



If I have only 2 minutes...

Before: Rehearse the movements you are about to do.

After: Slow down and let your breathing settle.



Adjust for Today



Stiff today?

Warm up a little longer.



Low energy?

Begin slowly and reassess.



Hot environment?

Lower the pace and pay attention to hydration.



New movement?

Practice the pattern before adding load or speed.



A Signal to Modify

- Pain with a warm-up movement
- Unsteadiness
- Unusual fatigue
- Breathing that feels harder than expected



Stop and Seek Guidance

- Chest pain or pressure
- Faintness or severe dizziness
- Unusual shortness of breath
- A new irregular or racing heartbeat with symptoms
- Sudden weakness or numbness

Seek urgent medical care for severe or sudden symptoms.



Gentle Reminder

A warm-up is not a workout before your workout. Finish feeling prepared, not depleted.



Martine's Midlife Wellness Tip

Match your warm-up to what comes next. Before strength training, rehearse the same movement with less resistance.



When to Ask for Guidance

Ask a qualified professional if health conditions, joint pain, dizziness or recent injury make it difficult to choose a safe starting point.

