



HOW LONG SHOULD A WARM-UP LAST?



Importance of a Warm-Up

- **Why it's crucial:** To reduce injury risk and enhance performance
- **Key goals:** Elevate cardiorespiratory system, oxygenate muscles, increase range of motion

Optimal Warm-Up Duration

- **Recommendation:** 5-10 minutes at low to moderate intensity
- **Performance improvement:** Research supports the effectiveness of this duration



Warm-Up for Brisk Walking

Steps for warming up before a brisk walk:

- Start with a slow walk
- Roll shoulders and do arm circles
- Warm up calf muscles (e.g., walking on tiptoes)
- Gradually increase your walking pace
- Involve both upper and lower body movements for maximum benefit



General Warm-Up Advice

- Warming up applies to any physical activity
- 5-10 minutes is all you need
- Warming up helps to reduce injury risk and enhance performance

