



Warming Up and Stretching Importance

Exercising every day is important for our health because it improves physical fitness and contributes to our overall well-being. To engage in physical activity safely, it is necessary to follow steps that help prevent injuries, such as doing a warm-up and stretching beforehand.

What is a warm-up?

It is a set of gentle exercises and movements performed before training. Its purpose is to increase body temperature, flexibility, and blood flow.

What are the benefits?

- Prevent injuries
- Increase muscle elasticity
- Minimize stress on the heart
- Improve coordination

What is stretching?

Stretching is just as important as warming up. It helps the body gradually reduce exercise intensity at the end of the routine and also helps decrease the buildup of lactic acid.

What are the benefits?

- Helps return heart rate and body temperature to normal levels.
- Reduces muscle cramps and stiffness.
- Keeps muscles flexible and healthy.

Warm-up recommendations:

- Warm up for 5 to 10 minutes; the more intense the activity, the longer the warm-up should be.
- Examples of warm-up exercises: jogging, walking slowly, cycling at a slower pace, among others.
- Use your whole body.

Stretching recommendations:

- Reduce your speed for 5 to 10 minutes to allow your heart rate to gradually decrease (cool-down).
- Hold the stretch for 10 to 30 seconds.
- Do not move back and forth abruptly while stretching a muscle (bouncing).
- Breathe while stretching.
- The stretch should feel firm, but it should never be painful.

Example of a warm-up



Example of a stretch



Social and Emotional Aspects

For recommendations, tools, and resources on how you and your family can cope with the emotional and physical concerns that arise during and after your treatment, please visit your primary care physician or contact the following telephone lines:

Medical Advice Line 1-844-347-7801

TTY/TDD 1-844-347-7804

APS Health 787-641-9133

References:

<https://www.goredforwomen.org/es/healthy-living/fitness/fitness-basics/warm-up-cool-down>

<https://medlineplus.gov/spanish/ency/patientinstructions/000859.htm>

Prepared by Licensed Health Educators.
Created in February 2026.
©First Medical Health Plan, Inc.