

POST- AND PRE- WORKOUT COOLDOWN: HOW IMPORTANT IS IT?

Warm-ups are preparations for physical activity that you must do before you move on to intense workouts, and they are important because of the following reasons:



INCREASES BODY TEMPERATURE

Raising your body temperature improves nerve transmission and muscle metabolism which leads to faster and more efficient performance. At the same time, your muscle and blood temperatures increase which leads to enhanced speed, strength, and endurance.



IMPROVES BLOOD FLOW

A few minutes of warming-up can dilate the blood vessels and allow for better blood flow in the body, particularly into the skeletal muscles. This is the best for your muscles as they'll be able to receive enough oxygen needed to function well.



HELPS PREVENT OVERHEATING

Warming up activates the heat-dissipation mechanisms in your body that keeps it cool amid strenuous activities. With this, you won't overheat early on and will be able to enjoy more demanding workouts such as running or cycling.



PRODUCES VARIOUS HORMONES

Hormones responsible for energy production such as cortisol and epinephrine need time to make carbohydrates and fatty acids for your body to consume during the workout. All this happens during the warm-up period so make sure not to skip that.



AIDS IN INJURY PREVENTION

One of the many benefits of warming up that many already know is that it aids in injury prevention. It does this by loosening your joints and improving blood flow to the muscles – both of which makes your muscles less likely to tear, rip or twist dangerously.



PREPARES YOU MENTALLY

There's no better time to prepare yourself mentally for what's to come than during a warm-up. You'd be able to clear your mind, increase your focus, and review your strategies during this short time – all important aspects of a successful workout.

Cooldowns happen by decreasing the intensity of your workout as you're nearing the end, and they are equally important to the process. 3- to 10-minute cooldowns offer a lot of health benefits such as:



NORMALIZES HEART RATE

Workouts can cause your heart rate to increase substantially and it needs to be brought down to the normal rate slowly. If done too abruptly, it may lead to lightheadedness or feeling of faintness.



SLOWS BREATHING GRADUALLY

Your breathing pattern gets heavier and deeper as you workout. Much like your heart rate, it must be reverted to normal at a gradual pace. This is done in order to avoid complications brought about by drastic changes and can only be achieved through cooling down.



REDUCES DOMS

You can expect for your muscles to be sore after an intense exercise – that's normal. DOMS or delayed onset muscle syndrome, however, is not and can cause a significant amount of pain and discomfort that can actually keep you from exercising in the future.



HASTENS MUSCLE RECOVERY

Lactic acid builds up within your system as you're working out and your body needs to clear all this out. It does this naturally but you can speed up the process and your body post-workout body recovery with a short cool down period.



PREVENTS BLOOD POOLING

Suddenly stopping without any kind of cooldown is also going to cause your muscles to stop contracting vigorously which isn't a good thing. When this happens, blood can pool in your lower extremities with nothing to pump them back into the heart and brain. As a result, you're going to feel dizzy and lightheaded and may even faint.

KEY TAKEAWAY

Tempting as it may be, don't skip your warm-ups and cooldowns in the best gym in Manila. Even if you arrived a few minutes late or have a scheduled facial in the Philippines after, you can surely afford to spend a few minutes for these activities.

You're only setting yourself up for trouble and putting your body in harm's way if you decide to go straight to your intense workout routines. Since we wouldn't want for anything bad to happen to you or any other gym-goer, we strongly advise that you prioritize these two things whenever you decide to workout!

REFERENCES:

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