

Types of Exercise

When creating an exercise routine you should make sure to get all three types of exercise; flexibility (stretching, range-of-motion), resistance (strengthening) and aerobic exercise.

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Flexibility

While often overlooked, flexibility exercises are important. Gentle stretching, both before and after working out, helps to prevent injury by warming up muscles and joints. When stretching focus on major muscles like your calves, thighs, lower back, hips and neck. While stretching you should feel tension but, no pain. If you feel pain, back off to the point where you feel no pain. Hold each stretch for at least 30 seconds. Make sure not to bounce in the stretch as this can cause small tears in the muscle.

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Resistance

The basic idea of resistance training is that your body is pushing against something else- be it the weight of a dumbbell, your own body weight, or a resistance band. Resistance training increases muscle strength, and tones the body. To find out a program that will fit with your goals, you can contact [Campus Recreation](#) [1] for personal training sessions.

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Aerobic

This is what people most commonly think of as exercise. Aerobic exercises are those that involve moving the major muscle groups. These exercises make your heart, blood, and muscles work more efficiently. Therefore, the most important thing about aerobic exercise is to GET MOVING! No matter what you enjoy doing, there is bound to be something you would enjoy that include aerobic exercise.

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Links

[1] <http://campusrec.unc.edu/>