

Warming Up Process And Its Effect On Blood Circulation And Protection From Injuries

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Abstract : One of the wrong and common habits among many sports lovers is to go to the gym and immediately start doing strenuous exercises, such as lifting heavy weights or running very fast. Although these things may increase the feeling of enthusiasm, they are wrong habits that carry with them many risks. Warming up is the body's preparation for hard work. Just as a car needs a warm-up period before starting, the body's muscles and joints also need a preparation period before doing strenuous exercise. During this warm-up period, the body's temperature rises and blood circulation increases, which increases muscle flexibility and reduces the risk of muscle strain or joint sprain.

Keywords : sports, feeling, warm-up, exercises

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