



Below are the most commonly asked medical questions in a few seasonally-relevant topics. We hope you find this helpful. **Please note: to properly diagnose your medical condition, it is necessary that you consult with a physician. If you are in need of a primary care provider, please call (812) 332-4468. If you are experiencing a medical emergency, call 9-1-1.**

Beginning a New Exercise Routine

My New Year's resolution is to get back in shape. Where should I start?

Try not to push yourself too far in the beginning. Start by assessing your current physical ability, such as how many push-ups you can do, how far you can stretch, and your body mass index.

How much exercise do I need?

Mayo Clinic recommends at least an hour and 15 minutes of cardio exercise each week, as well as at least two days a week of strength training.

What can I do to keep myself on track?

Invite friends to join in your new exercise program, and keep a journal of your progress.

What can I do to prevent becoming too sore?

Be sure to stretch before and after every physical activity. If you become too sore, give yourself a day off to allow your muscles to rest.

*If you are concerned about being healthy enough to begin a physical activity, we recommend getting a physical with one of our Primary Care providers. Dr. Jeralyn Allen, at our Landmark Avenue clinic in Bloomington specializes in Sports and Internal Medicine and is accepting new patients. **To schedule an appointment, call 332-4468.**

To learn more, and to see a complete listing of information, please follow the link below:

<http://www.mayoclinic.com/health/fitness/HQ00171>