**Suggestions for an Exercise Program**

1. Get a pre-exercise physical examination that includes the feet.
2. Make exercise a part of your lifestyle: errands, stairs instead of elevator, parking distance.
3. Start in small increments, keep it fun, and avoid injury.
4. Avoid exercising for 2 hours after a large meal and eating for 1 hour after exercising.
5. Avoid exercise in extremes of weather.
6. Include at least 10 minutes of warm-up and cool-down exercises in an exercise program.
7. Use proper equipment, footwear, and clothing when exercising.
8. Post goals, pictures of the ideal self, and notes of encouragement in a readily seen place for self-encouragement.
9. Use visualization daily to picture successful attainment of exercise benefit (e.g., looking toned or graceful, ideal weight).
10. Keep records of weekly measures of weight, blood pressure, and pulse.
11. Focus on the rewards of exercise; keep a record of feelings and compare differences in relaxation energy, concentration, and sleep patterns.
12. Work with a peer or join a structured exercise class, running club, or fitness center. Spend more time with people dedicated to wellness.
13. Stop exercising or at least slow down and consult with a practitioner if any unusual, unexplainable symptoms occur.
14. Reward self for working toward exercise goals and for attaining them. For example, after a month in an exercise program, buy a new pair of running shoes or treat yourself to a special wish.

Adapted from references 60, 62, 73, 181, 185.

**Principles of Body Mechanics**

1. The wider the base of support and the lower the center of gravity, the greater is the stability of the object.
2. The equilibrium of an object is maintained as long as the line of gravity passes through its base of support.
3. When the line of gravity shifts outside the base of support, the amount of energy required to maintain equilibrium is increased.
4. Equilibrium is maintained with least effort when the base of support is broadened in the direction in which movement occurs.
5. Stooping with hips and knees flexed and the trunk in good alignment distributes the work load among the largest and strongest muscle groups and helps to prevent back strain.
6. The stronger the muscle group, the greater is the work it can perform safely.
7. Using a larger number of muscle groups for an activity distributes the work load.
8. Keeping center of gravity as close as possible to the center of gravity of the work load to be moved prevents unnecessary reaching and strain on back muscles.
9. Pulling an object directly toward (or pushing directly away from) the center of gravity prevents strain on back and abdominal muscles.
10. Facing the direction of movement prevents undesirable twisting of spine.
11. Pushing, pulling, or sliding an object on a surface requires less force than lifting an object, as lifting involves moving the weight of the object against the pull of gravity.
12. Moving an object by rolling, turning, or pivoting requires less effort than lifting the object, as momentum and leverage are used to advantage.
13. Using a lever when lifting an object reduces the amount of weight lifted.
14. The less the friction between the object moved and surface on which it is moved, the smaller is the force required to move it.
15. Moving an object on a level surface requires less effort than moving the same object on an inclined surface because the pull of gravity is less on a level surface.
16. Working with materials that rest on a surface at a good working level requires less effort than lifting them above the working surface.
17. Contraction of stabilizing muscle preparatory to activity helps to protect ligaments and joints from strain and injury.
18. Dividing balanced activity between arms and legs protects the back from strain.
19. Variety of position and activity helps maintain good muscle tone and prevent fatigue.
20. Alternating periods of rest and activity helps prevent fatigue.