

Exercise Basics COOL-DOWN	PHOENIX FIRE DEPARTMENT HEALTH & FITNESS M. P. 1-A04.05 01/1998-N Page 1 of 1
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PURPOSE

A cool-down period should follow all physical exertion because of its importance in assisting the body in returning to pre-exercise, resting levels and its association with reduced levels of post exercise muscle fatigue and soreness.

INTENSITY

The intensity of the cool-down is a steady decline from exercise levels back to resting levels. Heart rate is the best objective measure and consensus is when heart rate has dropped below 100 beats per minute the cool-down period has been sufficient.

ACTIVITIES

The type of activities performed may vary, but fall into a general category called whole body activities. Whole body denotes that the activities involve the major muscle groups of the body. Aerobics and calisthenics-are excellent examples of whole body activities that are familiar to most. It is also recommended that if possible the activity should mimic the event preceding. For example, after running a good cool-down would be a slow jog and then a walk.

TIME ALLOTMENT

The cool-down period requires approximately the same 5-10 minutes as the warm-up period did.