

FIRE FITFACTS

are all great questions that you may have pondered on.
FROM THE PHOENIX FIRE DEPARTMENT
AND THE AMERICAN COUNCIL ON EXERCISE

OUCH! – It Hurts So Good

Muscle Soreness

There are two types of muscle soreness:

- ◆ Immediate or Acute
- ◆ Delayed

Immediate muscle pain

can be a sign of an injury or it may just be a sign of fatigue. If the pain stops immediately after you stop exercising it is probably fatigue. This comes from lactic acid and could be a sign of a good workout. If the pain doesn't go away you may have an injury and may require medical evaluation.

Delayed Muscle Soreness

is the name of the pain you feel the day or 2 days after you workout too hard or try something new. What causes this soreness? Does it mean you are injured? Does it mean you can't exercise anymore? Does it mean you did something wrong? These

What Causes Delayed Muscle Soreness?

There are several theories as to what causes this type of muscle soreness. The most widely accepted theory is that it is caused by micro-tears in the muscle fibers. These occur when you:

- ◆ Perform a new exercise
- ◆ Lift more weight than you normally do
- ◆ Really concentrate on the negative part of the lift
- ◆ Are de-conditioned

The Good News

The good news is that delayed muscle soreness goes away. In fact, once you get used to an exercise you usually will not get sore again until you increase the intensity or change the exercise. The other good news is that this type of muscle soreness may actually be a sign that you have adequately stimulated those unused muscles to adapt to your new exercise.

Reducing Muscle Soreness

- ◆ Warm-up prior to exercising.
- ◆ Cool-down at the end of every workout.
- ◆ Begin exercising with light weights
- ◆ Progress gradually
- ◆ Only add one new exercise at a time
- ◆ Don't over do it
- ◆ Stretch after your workout
- ◆ Get adequate rest
- ◆ Eat healthy to allow your body to recover and rebuild.