

Prevention Tips for Sore Muscles or Cramps

Lesson Plan for Instructor

Materials:

Dry erase board or flip chart and appropriate markers
Paper for participants to write on and pens/pencils

Handouts:

[Prevention Tips for Sore Muscles or Cramps](#)

Suggested Format for Discussion:

- Write “Prevention Tips for Sore Muscles or Cramps” on the board.
- Discuss that muscle soreness is a common barrier for people who need to be more physically active, but don’t want to.
- Ask participants for their suggestions on how to prevent sore muscles and cramps and write them on the board.
- Discuss the “Warm-up” and “Cool-down” phase of physical activity and how this helps in the prevention of sore muscles.
- Pass out the *MOVE!* handout, “Prevention Tips for Sore Muscles or Cramps.”
- Discuss the handout and solicit input from the group.
- Ask each participant how he/she intends to use this information in his/her personal physical activity plan.

