

When to Stop Exercising

Lesson Plan for Instructor

Materials:

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

Handouts:

[When to Stop Exercising](#)

Suggested Format for Discussion:

- Write “When to Stop Exercising” on the board or flip chart.
- Ask participants for their ideas about when to stop exercising and why. Write these on the board or flip chart.
- Discuss the cardiac or muscle/joint injury risks of overexertion, especially for those having low fitness levels and who start exercising too vigorously at first.
- Give examples of overexertion and how to recognize the warning signs.
- Discuss, with the group, sensible ways to modify physical activity for one’s specific fitness level.
- Pass out the *MOVE!* handout “When to Stop Exercising.”
- Discuss the handout and solicit input from the group, particularly about actions to take.

MOVE!

