

“ Be a Verb”

Kevin Green P.T.A

Carolina Sportscares and Physical Therapy
Beaufort, SC.

VERB: A word that expresses an action or state of being.

The time of year is right to get outside and exercise. We have been stuck inside for many months and the climate is just right for almost every activity. During the cooler months there may be a greater variety to our fitness regimens so there is a greater balance in our fitness worlds. When the weather is right we have a tendency to do our favorite activity in larger doses. Examples would be hours of kayaking, tennis and golf. This can create an environment for overuse injuries in the shoulder, knees and back.

You may be able to avoid overuse injuries if you're a V.E.R.B. Keep a balance to your workouts by implementing these rules for inside or outside exercise.

V: Adding some **V**elocity to your workouts in a controlled environment can prepare you for those hard pushes outside, up hill, or against the current. High intensity exercises graded for your age, gender and fitness level can improve fitness quickly.

E: Adding **E**ndurance activities to your fitness routines can help you prepare for the longer days on the golf course, bike, paddling, running or playing tennis. This would be your longer slower activity to condition for those longer fitness activity weekends.

R: **R**esistance activity like weight training can assist in making sure your addressing strength with your plan. You don't have to be stuck inside 4 walls to do your strength training. You can do your pushups, squats, and resistance training outside and work it in to your outdoor fitness routine.

B: Any fitness routine must address balance. Balance is in a balance in your routine (doing different activities for fitness), but also balance in standing, sitting and even laying down. Addressing flexibility and performing different types of exercise can be a great way to make sure there is balance in your body.

You can be a VERB anywhere. Pick your shoes, and look for local classes, try new things. Look for an outdoor activity to train for and begin or return to your outside life safely with plan.

Kevin Green P.T.A, C.D.T-M.L.D.T. A.R.S
Certified Ironman Triathlon Coach
Carolina Sportscares and Physical Therapy