

Joining the Gym

12. How should exercise feel?



ADVOCACY



KNOWLEDGE



COMMUNITY

DEVELOPMENTAL DISABILITY *wa*



How should exercise feel?



When you first start an exercise program your breathing and heart rate will get faster and you will sweat.



After exercising it is normal for your muscles to feel sore.

This means you have worked your muscles and you are getting stronger.



You may feel sore for the next few days.

If you have very bad pain, you should talk to your doctor.