

Mayo Clinic Minute

Reducing injury risk in group strength endurance training classes

Video	Audio
	"We have an epidemic in this country of obesity and sedentary lifestyle."
	Dr. Edward Laskowski says anything to get people moving can be helpful. In recent years, high-intensity, functional training programs have grown in popularity.
Edward Laskowski, M.D. Physical Medicine & Rehabilitation Mayo Clinic	"These classes are usually very motivating. They're very social, and they involve very simple things, oftentimes just your body weight to get your heart rate up and receive benefit."
	However, exercises that may involve jumping or ballistic movements, or are complex to perform, come with a higher risk of injury.
	"With strength training, technique is key. We say it's not practice that makes perfect. It's perfect practice."
	"For example, if you do a squat improperly, the back could be at risk."
	So what's the best way to avoid getting hurt?
	"No.1 is telling your instructor if you have injury. So, there may be some exercises and activities that you can modify and still participate in the class."
	It's also important to monitor fatigue. When someone is tired, their form tends to deteriorate, making them more susceptible to injury.
	For the Mayo Clinic News Network, I'm Jason Howland.