**KUNTOKIRJA**



LIIKUNNAN PELISÄÄNNÖT

* Liiku säännöllisesti, mieluiten päivittäin.
* Annostele liikuntaa oman kunnon mukaan siten, että liikunnan jälkeenkin on hyvä olo.
* Lisää ensin liikuntakertojen määrää, sitten harjoituksen kestoa ja vasta lopuksi liikunnan tehoa.
* Huomioi riittävän pitkä alkuverryttely, etenkin kylmällä säällä.
* Liikkuessa saa ja pitääkin hengästyä.
* Kuormitus pysyy sopivalla tasolla, kun pystyt puhumaan liikunnan aikana.
* Ruokalepo aterian jälkeen.
* Flunssaisena tai muuten sairaana ei hikilenkille.



FYSIOTERAPEUTIN YHTEYSTIEDOT



LISÄOHJEITA LIIKKUMISEEN

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| Lihasten hapenottokyky paranee harjoittelulla ja se lisää jaksamista! |

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| Happihoito ei ole este liikunnalle |

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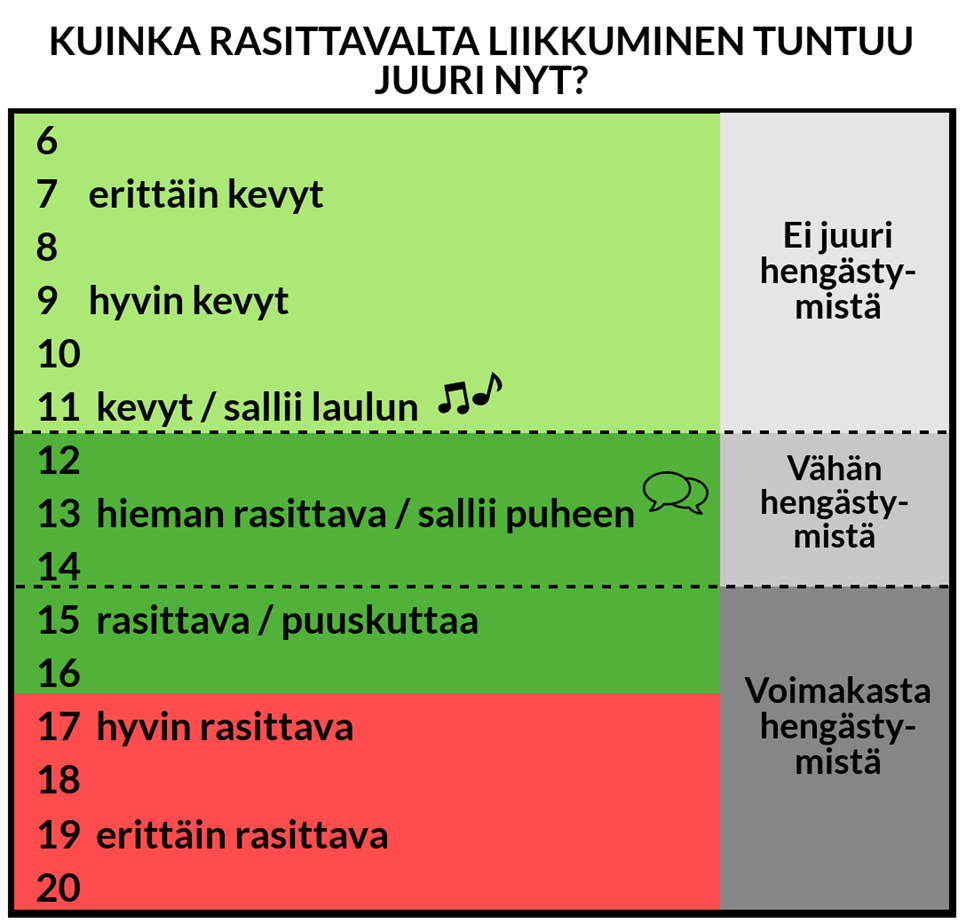
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