



**WHAT ARE YOU DOING, TESSIE?
IT'S NOT OUR TURN YET.**

I'M WARMING UP!



During a game, baseball players need to run, twist, jump, move side to side, and forward to back. Before playing, they warm up to get their bodies ready for these movements. Warming up also helps athletes get mentally ready and prevent injuries.

What happens in your body when you warm up?

You increase your body temperature, heartbeat, breathing, and blood flow to the muscles. During exercise, muscles need more energy. Warming up lets the blood in your body more quickly bring nutrients to your muscles and take away the waste.

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WHO'S UP NEXT?



TRY THIS

1. Notice your breathing, or find your pulse inside your wrist or on your neck (*ask a grown up for help*).
2. Do 2-3 warm-ups from these pages.
3. How has your breathing or pulse changed?



TRY THIS AT FENWAY PARK

Observe players warming up before the game or in the bullpen. What parts of their bodies are they moving and stretching? Is it different for pitchers, hitters, or fielders?

Repeat an exercise 3-6 times.

SPRINTS

Run as fast as you can over a short distance.



KNEE LIFT

Either standing or walking, alternate lifting your left and right knees.



ARM SWING

Extend your arms behind you and cross them in front of your body.



ARM CIRCLES

Extend your arms out and make small circles in both directions. Repeat with medium and large circles.



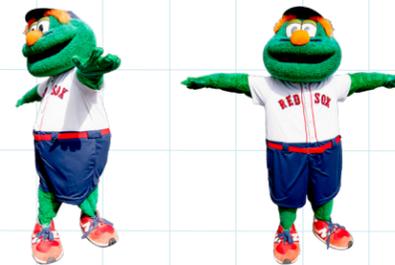
WALKING LUNGES

Take a long step forward with one foot and bend down. Stand back up and step forward with your other leg.



TRUNK ROTATIONS

Rotate your upper body to the left and right.



CROSS BODY TOE TOUCH

Touch your right hand to your left foot, come back up and touch your left hand to your right foot.



SQUATS

Bend your knees to lower your body then stand back up.



Try this at the Museum of Science

When visiting *Take a Closer Look*, find the "Seeing Heat" component. Look at your heat signature from the infrared (IR) camera and then run in place to notice if your body warms up with activity.

