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2007

YSJActive

Exercising Whilst Tucking

Considerations

YSJActive strive to ensure that the facilities under our care are inclusive environments, and that everyone feels safe and comfortable whilst using them. Harassment, bullying or any other form of offensive behaviour will not be tolerated, and YSJActive will address this if it is reported or witnessed.

Exercise is for everyone, and everyone should feel safe to exercise.

If you have any questions please speak to a member of YSJActive staff.

Support | Empower | Appreciate | Respect

Exercise may cause increased perspiration, which could result in the development of bacterial or fungal infections, and/or chafing.

To help avoid this:

- o Try to keep the area dry and as cool as possible
- o Wash and dry this area as soon as possible following exercise
- o Change tape or gaffes and underwear/shorts after exercise

If a particular exercise causes discomfort then stop doing it and try:

- o Performing the exercise a different way if possible, for example doing it standing rather than seated
- o An alternative exercise instead (a different exercise that uses the same muscles as the original)

Also take care of any damaged skin promptly to prevent further issues, such as infection

Increased perspiration during exercise may reduce the effectiveness of tape, so:

- o You may wish to have extra tape with you, and/or wear different under garments to help you feel secure whilst exercising

Staying hydrated is important whilst exercising and additional fluid intake may increase the need to urinate. Please be aware that:

- o Postponing urination can cause kidney and bladder damage, so it's recommended to urinate when necessary (if using tape, you may want to carry extra so you can replace it)
- o It is important that you drink enough fluid before, during and after exercise. Signs of dehydration include feeling thirsty, tiredness, feeling dizzy, dry skin and dark coloured urine

If you are experiencing any health issues from tucking, then please speak to a medical professional. Exercise professionals should be able to help you with adapting exercises, correct technique, recommending exercises, goal setting and stretching.