



Get Fit. **Life Tip.** **Charlie Horse**

When it comes to Charlie horses we can all agree that they can be very painful, waking you up in the middle of the night, occurring during exercise or everyday activity. Charlie horses are sudden spasms or cramps in the leg muscles that can last a few seconds to a few hours.

What causes a Charlie horse?

- Over exertion of a muscle
- Poor conditioning
- Dehydration and or lack of electrolytes
- Doing a new activity that your muscles aren't use to
- Muscle fatigue
- Altered neuromuscular control

Ways to help control and prevent a Charlie horse

- Drink plenty of fluids
- Stretch after exercising; particularly hamstrings and calves regularly
- Improve fitness and avoid muscle fatigue
- Warm up before exercise
- Get plenty of potassium, calcium and magnesium daily
- Avoid high heeled shoes for long periods of time (they cause added pressure to your calves)
- Regular massages and SMR (foam rolling)
- If a Charlie horse does a occur, gently massage the cramped area to relieve the pain.

Bill Witte a NASM-CPT, NASM-PES, ACE-CPT and CPR-AED certified trainer.

If, at any time, you decide that you no longer wish to receive Get Fit. Life Tip., please respond to this e-mail with "Unsubscribe" in the subject line.

