

The Beach



Apartment Entrance

Main Entrance

Palm Jumeirah Boardwalk

STARTING POINT

## JOGGING MAP

### PRECAUTIONARY ADVICE

#### Exercise Wisely

- Early morning is the coolest and best time of the day to exercise outside, however it may still be hotter than you are used to. It may also have high humidity, so exercise common sense when choosing this option.
- Avoid exercising during the middle of the day or early afternoon when the sun is at its highest and hottest.
- We strongly advise the use of our SoFit gym during the summer months.

#### Warm Up and Cool Down

- Don't ignore the benefits of properly warming up and cooling down muscles. Stretching for a few minutes will help you cool down tired muscles and avoid injury and soreness.

#### Drink Water

- Drink a minimum of 2ltrs per day.
- Try to have water available as you exercise, and drink an adequate quantity prior to your workout.
- Continue to replenish lost fluids post-workout until you are completely rehydrated.

#### Rest

- The body begins its recovery immediately following your workout. By replenishing lost carbohydrates and proteins within the first 40-30 mins you will help to speed up the recovery process.

--- Jogging Route

Resort Walkway

For more information, please contact SoFIT Health Club  
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