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## How to avoid Cramping/Fatigue

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**Summary:** How to prevent muscle problems before/during/or after a dancing session.

There are ways to help avoid and prevent cramping during an exercise routine. Notably, they are as follows:

- \* Dehydration.
- \* An imbalance in the electrolyte level of the body fluids (most notably sodium and potassium).
- \* Lack of a proper warm-up and cool-down.
- \* Muscle fatigue.

I can personally attest to dehydration and lack of warmups for causing leg cramps on more than one occasion. I'm really tall and have long legs which are more prone to cramping (for some stupid reason) than most people, so I take one or two [potassium tablets](#) before and after I play an intense session of DDR/ITG. This also helps me avoid [lactic buildup](#) in my muscles.

I suggest starting with some very good [leg stretches](#) and make sure you drink a good amount of water before, during, and after your workout. Don't drink so much that you feel bloated, but definitely stay hydrated.

There's a lot of information in the links I've included in this post. I suggest you check them out and read through them for a more professional explanation.

A detailed explanation of how to prevent exercise cramping can be read here: <http://drjanet.blogspot.com/2008/05/how-can-i-prevent-cramping-while.html>

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