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YSJActive

Exercising Whilst Binding 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

Binders may restrict breathing during exercise, which could result in dizziness or fainting, so:

- o If you feel able to do so, loosening your binder may help to reduce or avoid this
 - o Keep in mind that your breathing may be affected and take regular breaks
 - o Avoid exercising at high intensities, which will make you breath heavily
- o Perhaps consider an alternative to a binder, such as a sports bra, as they offer compression without the impact on breathing

Binders may rub when exercising, which could lead to damaged skin, so:

- o If a particular exercise causes issues then try performing it in a different way, for example reducing the movement such as not extending your arms fully
- o Or try an alternative exercise (one which uses the same muscles but in a different way)
- o You may also wish to try an alternative to your binder, if it feels comfortable to do so

Your movement may be restricted, which could result in being unable to perform some exercises with good and safe technique, so:

- o If it feels ok to do so, loosening your binder or using an alternative (like a sports bra) may help
- o Try performing the exercise in a different way like: reducing the movement, the resistance, being seated, or using a machine rather than free weights
- o Try alternative exercises, which use the same muscles but a different movement pattern

The tight nature of binders and increased perspiration during exercise could result in the development of bacterial or fungal infections.

- o Ensure the skin that has been under the binder is dry after exercise, especially areas where moisture can gather
- o Make sure your binder is dry after exercise. This can be difficult if you only have one binder, so if there's a safe alternative you can wear during exercise this may be beneficial
- o If you notice any issues with your skin please seek medical advice

Long term wearing of binders can result in issues such as poor posture, shoulder pain, back pain and muscle tightness. If you are experiencing any of these, 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.