

Are pricey
juices worth
it? Sunscreen
for your pet?
Find out here.



ASK DR. OZ ANYTHING

Your Burning Questions Answered!

Ahhhh!
Just five
minutes
can make a
difference.

Is it worth it to cool down after you exercise?

OZ SAYS Yes, but not for the reason you'd expect. Scientists at Iowa State University have found that people who cool down remember their workouts as more pleasant than other exercisers do, says lead researcher [Panteleimon Ekkekakis, Ph.D.](#), an associate professor of kinesiology. So they'll be more inclined to want to work out again than people who call it quits right when the timer goes off. "The last thing you remember from your session—whether that's the feel-good cooldown or a tough sprint—is a big factor in how the experience registers in your memory," he says. If you're really pushing hard, going easy can also help reduce the chance of dizziness or fainting due to blood pooling in your lower body if you completely stop. Just spend five to 10 minutes doing an easier version of your exercise (like walking when you've been running). If your whole session was low intensity, your body probably doesn't need the cooldown, but your willpower might appreciate it.