

# Tips for Avoiding Exercise Injuries



***Warm up and stretch*** for about 15 minutes before beginning your workout. This way, your muscles will be loose, flexible, and ready to work.

***Learn the proper form*** for a certain exercise or sport. Take lessons from a trainer, ask a friend who has experience, or look it up online.

Listen to your body.

If you feel pain, swelling, or stiffness, ***slow down or stop completely***.

Increase activity levels in increments of no more than ***10% per week***, whether you count the miles you walk or the pounds you lift.



***Strive for balance*** in your exercise routine. You should include:

- Cardiovascular Exercise (ex: walking, playing basketball)
- Strength training (ex: lifting weights or doing sit-ups)
- Flexibility (ex: stretching or yoga).



Invest in the ***proper exercise equipment***.  
Wear a helmet and other protective gear for bike riding, in-line skating, or skateboarding.

Wear the proper sneakers for walking or running.

Always ***consult your physician*** before beginning an exercise program.