

Don't Get Sidelined... Train Smart!

Tips to prevent sports injuries:

- Avoid training too hard or too long when beginning a new activity.
- Gradually increase how often and how long you train.
- Perform agility (speed and mobility) drills such as a shuttle run.
- Wear a mouthguard for high-risk activities like combatives, football, basketball, boxing, soccer, and extreme sports.
- Wear semi-rigid ankle braces for high-risk activities such as basketball, soccer, and parachuting.
- Replace lost nutrients within one hour of high-intensity activity with some protein, carbohydrates and fluid.
- Wear synthetic-blend socks like polyester and acrylic (not cotton) to prevent blisters.

