

Preventing Injuries

To prevent or safely treat common injuries, follow these guidelines:

Pay attention to your body. If you feel unusually sore or fatigued, postpone activity or exercise until you feel better.

Include a proper **warm-up** and **cooldown** in your personal fitness program.

Monitor the frequency, intensity, time, and type (**FITT**) of your exercise closely. Progress slowly but steadily.

If you run or walk along busy streets, always face oncoming traffic.

Wear reflective clothing during night physical activities or exercise, such as walking or jogging.

Use proper safety equipment for activities with a higher injury risk, such as skateboarding, snowboarding, in-line skating, and cycling.

Always seek out proper medical advice when you have an injury.