



BASIC FITNESS SAFETY TIPS

HERE ARE JUST A FEW REMINDERS ON HOW TO KEEP SWEATING TOWARDS A HEALTHIER YOU – MINUS THE INJURIES AND RISK FACTORS:

CONSULT A HEALTH PROFESSIONAL

If you never exercised before or have a health condition, be sure to consult your GP or another health professional. This is a must to assess possible health risks posed by certain exercises. It is best to seek professional guidance rather than risking your health and safety.

ALWAYS WARM UP AND STRETCH

The vital parts in every exercise routine are stretching or warming up. Often overlooked when starting out one's exercise regimen, stretching actually prepares your muscles for the impending rigidity of your workout. Warming up helps prevent you from feeling the strain of your activity by gradually increasing your heart rate, and puts off the buildup of lactic acid that causes soreness and tiredness in your muscles. Dedicate 10 minutes of your workout to a warm-up routine and you'll be pleased to see your performance during the main workout is better.

STAY HYDRATED

Dehydration is one of the common problems suffered by individuals who frequently exercise. This may pose a serious problem as water is a vital component of the human body. Drinking water helps muscle endurance. Make sure you hydrate by drinking plenty of fluids so that which is lost from sweating is restored back to your body.

WORK OUT WITH A FRIEND

A fitness partner or a buddy may be helpful especially if you are not exercising under the watchful eye of a fitness trainer. If you can, partner up with someone more experienced than you are and learn from them. This will not only make exercising more fun but safer as well.

PREVENT INJURIES WITH THE RIGHT CLOTHING

Did you know that wearing the wrong type of shoe is the #1 cause of fitness injuries? Make sure that you're wearing the right shoe size and that your shoe provides much-needed support for your feet. Appropriate clothing is also a must. Wear comfortable clothes that wick moisture away from your body and dry quickly.

KNOW YOUR LIMITATIONS

Don't overtrain in a rush to lose those extra pounds. It is necessary to have at least one full day of rest in between two training sessions. You may even require longer periods of rest and that's perfectly acceptable. Muscle soreness and discomfort may lead to burnout, which will inevitably cause you to give up your newly established routine.

FOLLOW THESE TIPS AND YOU'LL BE IN GOOD SHAPE TO WORK OUT TOWARDS YOUR GOALS!



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OUTDOOR RECREATION SAFETY TIPS

DOES YOUR FAMILY ENJOY OUTDOOR RECREATION? DO YOU LIKE TO GO HIKING, BICYCLING, OR PLAY GROUP SPORTS? NO MATTER WHAT KINDS OF ACTIVITIES YOU CHOOSE, YOU CAN LIMIT THE NUMBER OF INJURIES THAT OCCUR AND HAVE A GOOD SAFE TIME.

STAY HYDRATED

Your body is mostly water and you need to make sure everyone stays hydrated. Your family will lose precious fluids while they are having fun. The hotter it is and the higher the activity level, the faster fluids are lost. Make sure you bring plenty of drinking water with you. Be sure to keep it cool on a hot day by storing in a cooler or insulated bag.

KNOW YOUR LIMITS

Know your family's usual activity level and plan your outdoor recreation activities accordingly. If your family is not very athletic, make sure you plan breaks into your day. If you are a very athletic group of people, plan activities that will keep everyone busy and moving for longer periods. Planning your activities around your family's activity level will help keep injuries from occurring due to exhaustion.

BRING A FIRST AID KIT

You should always carry a basic first aid kit with you whenever you do any sort of outdoor recreation. You need to be able to administer basic first aid when you are away from your car, house or any densely populated area. Keep the first aid kit well stocked and make sure any medications have not expired. Basic first aid kits often come fully stocked in handy carrying cases that you can toss into your backpack.

USE PROTECTIVE GEAR

Whether you are rollerblading, bicycling, scuba diving or canoeing, you need to wear the appropriate protective gear. Make sure everyone in your family has the right equipment for your activity. If you are hiking, wear appropriate sturdy shoes. If you are on wheels, make sure everyone wears their helmet. If you are doing watersports, everyone needs to have a lifevest.

KEEP EQUIPMENT IN GOOD SHAPE

Make sure all outdoor recreation equipment is in good operating condition. Check your equipment at the beginning and end of each season, when you take it out and put it away. Repair any damage after each use. Get your equipment serviced at regular intervals.

No matter what outdoor recreation activity your family enjoys, you can do small things to ensure you stay safe. Bringing enough water, knowing your limits, having a first aid kit, using protective gear and keeping your equipment in good shape will ensure that your family has a good time with limited interruptions because of injuries.

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