

Injury Prevention

Here are 10 tips to help you avoid potential injury:

- 1) **Be careful with big movements following stationary positioning**
- 2) **Be aware of stress or lack of sleep**
- 3) **Make sure to fully rehabilitate following injuries**
- 4) **Make sure each joint has the necessary range of motion for the movement(s) you perform**
- 5) **Use good body posture and body mechanics as often as possible**
- 6) **Stay hydrated – drink lots of water**
- 7) **Use your common sense in risky situations and remove potential hazards possible**
- 8) **Be honest about your fitness level**
- 9) **Always do a proper warm-up/cool down**
- 10) **Listen to your body**