

FIT TIPS



Being active can help you maintain a healthy weight, reduce blood pressure, build strong bones, relieve stress, and maintain flexibility and good posture. Recreational sport is a great way to enjoy the many benefits of physical activity whether you pick up a hockey stick, golf club, racquet, or paddle, get on a bike, or put on your running shoes! The important thing is to get moving.

Tip 1: Warm-Up

Before jumping in the pool, hitting the field or picking up a golf club, take a full 20 minutes – no less – to warm-up. Your warm-up should include deep breathing exercises, gentle stretching and range of movement exercises, as well as a brisk walk or easy jog to loosen and warm the muscles and joints.

Tip 2: Learn the Proper Technique

Learn the right technique for your sport from the beginning. Using the wrong sport- specific technique can create incorrect muscle memory and can make it difficult to break bad habits. Poor technique can also cause injury to your joints and muscles.

Tip 3: Use the Right Equipment

Make sure your equipment is the right fit, height and capacity for you to avoid a sport- related injury. Recreational athletes should have their equipment professionally fitted and checked before starting.

Tip 4: Avoid Over-Training

Too much. Too fast. Too soon. Over-training is one of the most common causes of recreational athletic injuries. Take your time and work up to it slowly before pushing yourself too hard. Remember – rest is as important as training. Take a training break and give your body a chance to recover.

Tip 5: Treat Injuries Promptly

If you suffer an injury or experience pain that lasts longer than your usual post-workout soreness, ice the area to reduce swelling and inflammation, and consult a chiropractor.