



Summer Fit Tips



1. Warm-up before you exercise.

2. Learn the proper technique for your activity to help avoid injury.

3. Maximize mobility and range of motion.

Keep your muscles and joints moving to support your athletic ability and help prevent injury.

4. Drink plenty of fluids before, during and after physical activity.

5. Don't overdo it. Take it one day at a time.

6. Take time to properly cool down.

7. Treat any injuries promptly.

If you suffer an injury or experience pain from your recreational activities, ice the area to reduce swelling and inflammation.

8. Seek professional help.

If you have significant spine, muscle or joint pain or discomfort that lingers, you may have an injury. Your chiropractor can help you identify what's going on, provide treatment and help you stay active.