

# Summer Fit Tips

1. **Warm up** before you exercise.
2. **Learn the proper technique.** For example, when camping, **ensure your ears, shoulders and hips are aligned** when cooking or sitting to help avoid injury.
3. **Keep your muscles and joints moving** to maximize mobility and range of motion.
4. **Drink plenty of fluids** before, during and after physical activity.
5. **Don't overdo it.**
6. **Take time to properly cool down.**
7. **Treat injuries promptly.** Ice your injured area(s) to reduce swelling and inflammation.
8. **If pain persists, visit your local chiropractor.**

