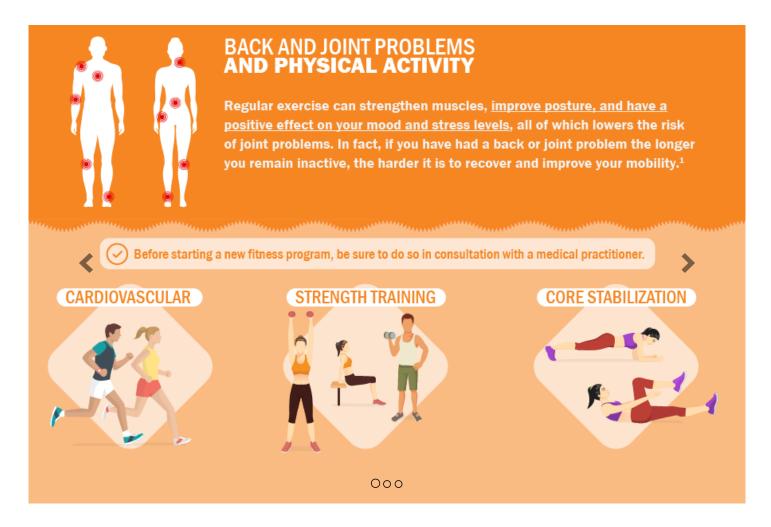




BACK AND JOINT PROBLEMS AND PHYSICAL ACTIVITY

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Yet <u>staying active</u> and following a carefully considered exercise program can play an <u>important role in recovery and prevention</u>.



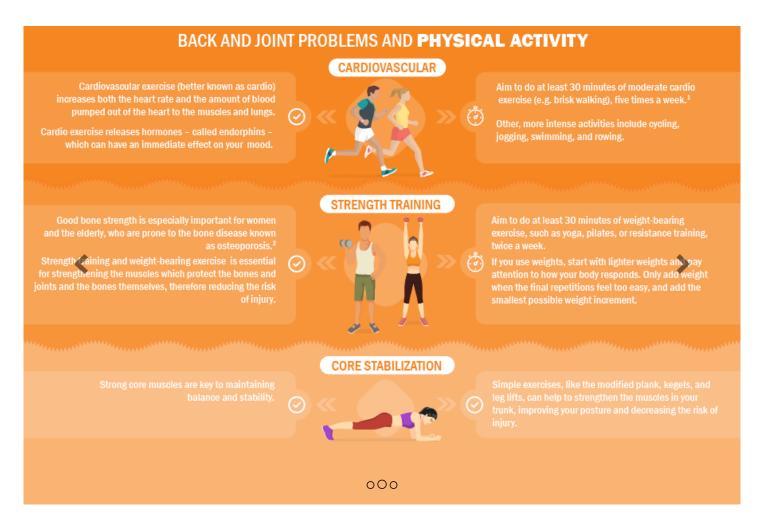
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BACK AND JOINT PROBLEMS AND PHYSICAL ACTIVITY TIPS FOR SAFE AND EFFECTIVE EXERCISE

DON'T FORGET TO STRETCH

Always warm up and cool down for 5 – 10 minutes before any exercise.

MONITOR ANY PAIN YOU MAY FEEL.

It is normal to feel sore for a day or two after beginning a new exercise – especially an intense one. However, if pain begins immediately after activity, or persists after one or two weeks, seek advice from a medical practitioner.

AVOID EXERCISING

Take extra care when fatigued or if you are feeling cold symptoms. Flu, sore throat, or diarrhea sufferers should wait until a complete recovery is made.



USE PROPER FOOTWEAR AND CLOTHING

The right footwear is very important, and should be replaced when damaged.

SWITCH IT UP.

Consider switching types of sport, exercise, or movement from time to time, especially if you suffer from repetitive strain injuries.

TAKE IT SLOW.

This applies when you are feeling under the weather, beginning any new exercise, and even if you're in good shape.

REMEMBER:

If you suffer from back or joint problem, speak to a qualified fitness instructor or medical practitioner about possible modifications to exercises or activities to protect your back and prevent injury.

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