



Tips for Preventing Sports Injuries

Competition. Health. Fitness. Bonding. Friendship. Fun. Playing sports has many benefits for athletes of all ages. However, when exercising your body, it's important to use your head! That means understanding your body, taking care of yourself, and knowing your limits. The tips below can help you stay healthy and at your top performance.

Keep your training varied. Overuse injuries are common if athletes continue to train with a one-dimensional regimen. Varying the training regimen and types of sports played helps athletes avoid repeated trauma.

Build a strong core to prevent injuries. Core strength also helps improve athletic performance; this includes hips, glutes, lower back, flank, and abdominal muscles.

Support your sport with strength and conditioning exercises. Adding aerobic and strength training to your training program will decrease your risk of injury.

Make sure you get proper nutrition. Eat a well-balanced diet with a variety of fruits and vegetables to get all the proper nutrients your body needs. Be sure to eat protein throughout the day to support the buildup of muscle mass.

Get a good night's sleep. Proper sleep and rest are key to preventing and recovering from injuries.

Stay hydrated. Correct hydration is very important to reduce muscular and ligament injuries.

Take a rest-day, or a rest-week. Failing to give your body adequate intermittent rest can result in injuries such as a stress fracture or tendonitis.

Don't forget to warm up. This helps increase blood flow and prepares the body and mind for the workout.

Understand the preparation that supports your sport. For example, when you see a gymnast doing an amazing set, consider the amount of gym time, practicing of moves and routines, landing drills, and strength and flexibility training that lead to that performance. Trying something daring in a sport without proper preparation is really what separates the injured from the wise.



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