

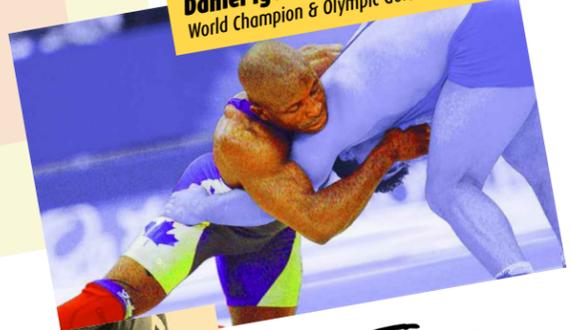
# Get Active. Be Healthy.

## Fit tips for recreational athletes

**Tip 1**  
**Warm-Up**  
 Take a full 20 minutes to warm-up before you get going.

"I would recommend chiropractic to anyone who is serious about their sport."

**Daniel Igali**  
 World Champion & Olympic Gold Medallist, wrestling



**Tip 2**  
**Learn the Proper Technique**  
 Poor technique can cause injury to your joints and muscles.

"Daily physical activity is an essential part of a healthy lifestyle."

**Adam van Koeverden**  
 Olympic Gold Medallist, kayak



**Tip 4**  
**Avoid Over-Training**  
 Too much. Too fast. Too soon. Over-training is one of the most common causes of injury.

**Pierre Lueders**  
 World Champion & Olympic Gold Medallist, bobsleigh  
 "By having a regular chiropractic assessment, potential problem areas can be identified."



**Tip 6**  
**Drink Fluids**  
 Drink plenty of fluids before, during and after physical activity – even in cold weather.



**Tip 5**  
**Cool Down**  
 Take 20 minutes to stretch-out your muscles and joints before wrapping up.

"Chiropractic care helps my joint and muscle function."  
**Karen Furneaux**  
 World Champion & Olympian, sprint kayak

**Tip 8**  
**Check Your Attitude**  
 The right attitude is good for your performance and your overall health. Have fun!



**Marnie McBean**  
 World Champion & Olympic Gold Medallist, rowing  
 "Chiropractic was an important part of my athletic training."

**Tip 7**  
**Strength Training**  
 Strength training will help keep your spine and other body joints functioning optimally.

**Tip 9**  
**Maximize Muscle and Joint Function**  
 Maintaining good muscle and joint range of motion and mobility will contribute to your athletic performance.



**Perdita Felicien**  
 World Champion & Olympian, sprint hurdles  
 "Chiropractic care is an important part of keeping me in the best condition."

**Tip 10**  
**Treat Injuries Promptly**  
 If you suffer an injury or experience prolonged pain, consult a chiropractor.

