

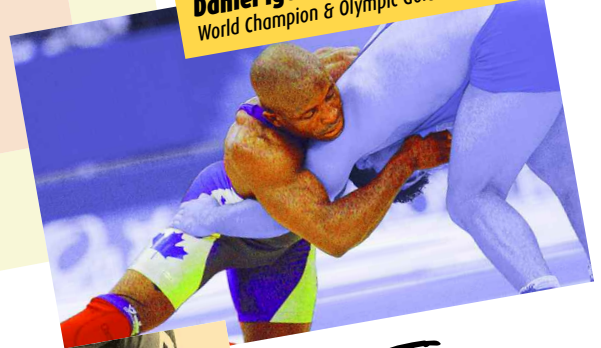
Get Active. Be Healthy.

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."

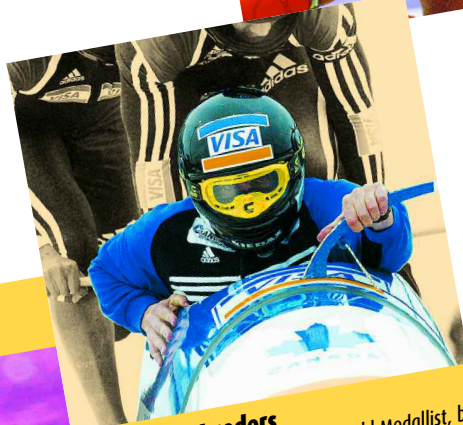
Daniel Igali
 World Champion & Olympic Gold Medallist, wrestling



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.



Marnie McBean
 World Champion & Olympic Gold Medallist, rowing

"Chiropractic was an important part of my athletic training."

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



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



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

Tip 3
Use The Right Equipment
 Have your equipment professionally fitted and checked before starting out.



Dr. Derek Porter
 World Champion & Olympic Gold Medallist, rowing
 "I was so impressed with chiropractic care...that I became a chiropractor myself."

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 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.



The Canadian Chiropractic Association



College of Chiropractic Sports Sciences (Canada)