

## 6 Tips for Safe Exercise

Do you try to push yourself during exercise or sports even when you know you shouldn't? If you answered yes, keep the following six quick tips in mind to stay safer when exercising.

1. Get good advice. Consulting a personal trainer on how to use equipment and build your ability will help you improve your skills and exercise safely. (Coletta Meyer is a personal trainer)
2. Wear proper clothing. Lightweight, breathable clothing is important when exercising indoors or in high heat/humidity. Remember to wear several layers when exercising in cold temperatures. Tight clothing can cause irritation and chaffing.
3. Get equipped. Safety equipment can go a long way in helping you prevent injury. Helmets are especially important if engaging in outside activities like bicycling or rollerblading.
4. Don't make the same mistake twice. Injuries are often the results of overuse – running too fast or too far, too soon. If you get injured or experience discomfort, don't just “work through it” blindly. Determine how it happened and correct the problem.
5. Get plenty of rest. Exercising before an old injury has time to fully heal can lead to another injury. If you're still in pain, or the injury site is still inflamed, don't exercise.
6. Continually educate yourself. Even after you're in great shape, and you've worked through most of your questions, it's still a good idea to try to learn more about exercising properly.

Source: WELCOA Guide to Understanding your weight

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**“Plan B: You get a job and we send your smartphone to college.”**

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