



BlueResourceSM – Better Living – Preventing Sports Injuries

Play Smart, Play Safe

Sports-related injuries happen every day, and they can take the thrill right out of the victory. Whether you're an everyday athlete or a weekend warrior, it's smart to play safe. A little bit of prep before you hit the field can keep you from getting hurt.

- Prepare your body.** Make a well-rounded fitness plan. Include cardio exercise, strength training and stretching to reduce your chance for injury.
- Warm up before you play.** Stretch to help your muscles get ready. Start slowly and hold each stretch for 20 seconds.
- Dress right.** Use gear designed for your sport. Wear shoes that provide good support and wear a helmet and padding to protect your body.
- Stay hydrated.** Drink plenty of water. Replenish your fluids to prevent heat exhaustion and heat stroke.
- Rest when you're tired.** Don't push your body too hard. Take time to recover, and stop if you're in pain.
- Take care when you're hurt.** Get medical help if you're injured. Playing with an injury can make it worse.



You win when you pay attention to your body during sports.

Sources: Preventing Sports Injuries. University of Rochester Medical Center. 2020.
Everything You Need to Know About Sports Injuries and Rehab. Healthline. 2018.

