

STAY ACTIVE, STAY INJURY FREE

DON'T LET A TWINGE TURN INTO A BIG PAIN. FOLLOW THESE TIPS TO AVOID INJURIES.

Stretch

Stretching after activity lengthens muscles that have been used during the activity. Not stretching can lead to tightness and postural changes over time, which may make you more likely to become injured.

Don't overload

Jumping into training after a long break is taxing on the body. Minimize the risk of injury by slowly increasing the frequency, intensity, and duration of your exercise. Gradually increasing stress on the body will allow it to safely adapt.

Rest

Rest days should be built into any exercise program. Rest is important to allow the body to repair and strengthen between workouts. As an alternative, try cross-training to work different muscles.

Suspect an injury?

Students can see an athletic trainer on campus at the Sports Medicine and Rehabilitation Therapy (SMART) Clinic if they suspect they have an injury. Students should call Student Health Services at (309) 438-APPT (2778) for a referral or call the SMART Clinic at (309) 438-1892. Faculty and staff should speak with their health care provider about injury concerns.



**HEALTH PROMOTION
AND WELLNESS**
Illinois State University

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