



KEY MESSAGES

Good on you for getting active and doing a fun run/walk. Use these Smart Tips to help you stay injury free and enjoy being fit.

KEY: Movement to get stretch
 Area being stretched

BE SUN SMART

- SLIP** on a t-shirt.
- SLOP** on some sunscreen: Apply SPF30+ broad-spectrum sunscreen 15 minutes before going outside and reapply after exercising.
- SLAP** on a hat with a brim or a cap.
- WRAP** on a pair of sunglasses.

TIPS FOR TRAINING

- ➔ Start your training 6 weeks before the event
- ➔ Start slowly and gradually build up distance over the 6 weeks
- ➔ Walking or jogging 3-4 times a week is ideal
- ➔ It's always more fun to train with a friend.



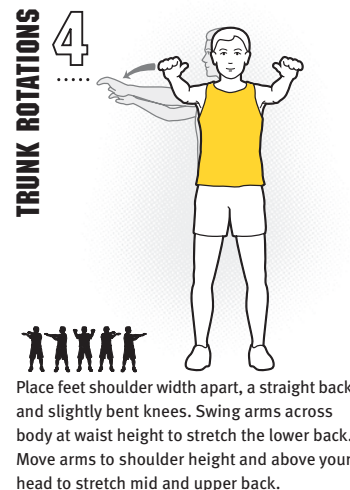
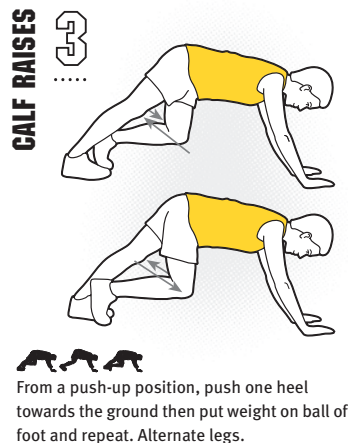
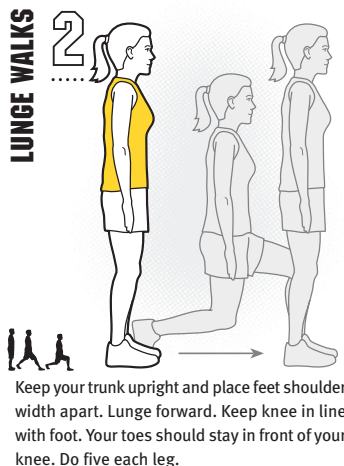
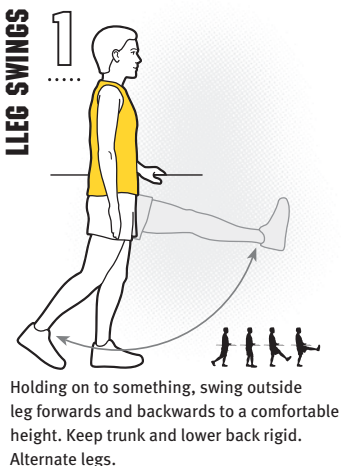
SMART TIPS FOR YOUR FUN RUN OR WALK

FOR MORE INFORMATION ON STAYING INJURY FREE VISIT:
www.acc.co.nz/sportsmart

WARM-UP

Start with about five minutes of light aerobic activity to raise your heart rate and get more blood flowing through your muscles. Jogging or walking is a good way of doing this.

Follow up with 10-15 repetitions of dynamic stretches (see right), gradually increasing the speed and range of movement. Then finish with some sports specific exercises.



COOL-DOWN & STRETCH

After the event, some easy walking or jogging and static stretches (see right) will help your body to recover and can improve flexibility. Apply each stretch slowly – don't bounce. Take it to the point of tension but not pain and hold for at least 30 seconds. Repeat twice on each side of the body.

