The fluid lost in sweat during

exercise can have a huge effect. Losing 2% of body weight can reduce your performance by over 30%! Don't let yourself get thirsty. If you do, you're already dehydrated. Keep your drink bottle filled (water is ideal), carry it with you and drink before, during and after exercise, following these guidelines.

## TWO HOURS BEFORE

### **DRINK 500-600 ML**

Dehydration can make you fatigued, affect your judgement and cause cramps, heat stress or heatstroke. Even low levels of dehydration can affect your performance.

### 15 MINUTES **BEFORE** DRINK 500 ML

Take several small mouthfuls.

### **NEVER SHARE DRINK BOTTLES**



### LE EXERCISING



PER 10-15 MINUTES Drink small amounts when

# possible throughout exercise.

### AFTER EXERCISING

### ONE LITRE PER HOUR **FOR THREE HOURS** You continue sweating after you stop exercising, so you need to keep your fluids up.

Avoid alcohol and caffeinated energy drinks immediately after exercise.

# **BREAKFAST** ①

Start the day off with a nutritious breakfast to set yourself up for the day ahead.

There are some good options for breakfast and snacks at www.acc.co.nz/sportsmart

# AFTER THE EVENT

Your muscles are most receptive to

taking in nutrients within 30 minutes of finishing the event. Try and eat a nutritious snack soon after finishing eg: banana or muesli bar.

Avoid alcohol and caffeinated drinks after the event as these slow down the recovery process.

Sunblock	
Water bottle	

GEAR CHECKLIST 📥 🗖

- Race number
- Windbreaker and hat
- Warm clothes for after the event
- Medication eg: asthma inhaler etc ☐ Snack for after the event

1.	
2.	
3.	
4.	
5.	

GEAR CHECKLIST 📥 🗹

# PRE-GAME CHECKLIST

# READY, SET, GO!

### **USE R.I.C.E.D.** (FIRST TWO DAYS)

REST:

COMPRESSION:

ELEVATION:

NIAGNOSIS:

CE:

To limit further damage, avoid moving the injured part as much as possible.

Place ice in a damp towel on to the injured part for

20 minutes, every two hours for the first 48 hours. Bandage between ice treatments.

Keep the injured area raised as much as possible.

If the pain or swelling hasn't gone down significantly after 48 hours, seek professional medical help.

### AVOID H.A.R.M. (FIRST THREE DAYS)

HEAT:

TREAT INJURIES QUICKLY TO SPEED UP YOUR RECOVERY

Avoid hot baths and showers, saunas, hot water bottles, heat packs and liniments.

LCOHOL:

Alcohol increases bleeding and swelling at the injury site and delays healing.

RUNNING:

You should not exercise the injured part for 72 hours unless approved by a medical professional.

Massaging an injury in the first 72 hours can slow down MASSAGE: recovery.

### Make sure you are wearing shoes that are appropriate for your

- activity eg: walking or running
- A specialist sports store will be able to assess your foot and recommend an appropriate shoe
- 🔷 To help prevent blisters wear cushioned sports socks
- If you have recently purchased new shoes make sure you've worn them in before the race.

# HAVING FUN IS WHAT

### IT'S ALL ABOUT. Here are a couple of start and finish tips to ensure you don't get

squeezed. It can get pretty congested at the

start of an event. Position yourself at the start to match your ability. At the end it is also likely to be congested. Take care in this area as people will be finishing at different speeds.



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

### **KEY MESSAGES**

- Always warm-up & cool-down
  - Neep hydrated
  - Wear sun-block
  - Write the contact details of someone to contact in case of an emergency, on the back of your race number.

# BE SUN SMART

SLIP on a t-shirt.

**\$LOP** on some sunscreen: Apply SPF30+ broad-spectrum sunscreen 15 minutes before going outside and reapply

SLAP on a hat with a brim or a cap.

after exercising.

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.



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.



Holding on to something, swing outside leg forwards and backwards to a comfortable height. Keep trunk and lower back rigid. Alternate legs.



Keep your trunk upright and place feet shoulder width apart. Lunge forward. Keep knee in line with foot. Your toes should stay in front of your knee. Do five each leg.



From a push-up position, push one heel towards the ground then put weight on ball of foot and repeat. Alternate legs.



Place feet shoulder width apart, a straight back and slightly bent knees. Swing arms across body at waist height to stretch the lower back. Move arms to shoulder height and above your head to stretch mid and upper back.



Reach up high, keeping one knee bent. Keep back straight and pull in abdominals. Do five

# 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.



Place hands on wall with one leg to rear. Keep the rear leg locked straight and foot flat. Turn rear foot slightly inwards. Bend front leg taking calf stretch through rear calf.



Place hands on wall taking weight through rear leg. Turn rear foot slightly inwards and keep heel flat. Bend rear knee forward over rear foot.



Pull heel towards buttock. Keep back straight and knees together in line with hip and ankle.



Kneel on one leg with other leg out in front with the foot flexed. Keep back straight and bend forward at the hips to feel the stretch down the back of the legs.



Gluteals – Lie on back with both hands around one knee. Pull knee towards opposite shoulder. Keep head, shoulder and opposite leg relaxed.



Piriformis – Lie on back and hold knee to chest. Pull knee and ankle towards opposite shoulder.