



**Colegio Cristo Crucificado – "Villa Pilar"**

Alfonso XIII, 10 30.151 - Santo Ángel (Murcia)

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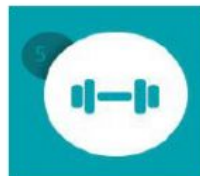


## INJURIES (PREVENTION AND TREATMENT)

### 1. JOIN THE PICTURES WITH THE DESCRIPTION:



EAT A WELL-BALANCED DIET



STRIVE FOR A TOTAL BODY WORKOUT



STAY HYDRATED



LEARN TO DO YOUR SPORT RIGHT.



BUILD UP YOUR EXERCISE LEVEL GRADUALLY



FOLLOW AN APPROPRIATE WARM-UP



WEAR APPROPRIATE ACTIVEWEAR



REPORT AN INJURY IMMEDIATELY

### 2. CHOOSE THE CORRECT OPTION:

