



## 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:

