



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:

