



# 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:

