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10 Tips to Keep you Moving Injury Free

1. **Get the right equipment** – your running shoes are very important. Take the time to visit a running specialty store to be properly fit.
2. **Change your shoes regularly** – Running shoes last 300-500 miles and then are worn out even if they look okay.
3. **Know how old your shoes are** – On the day you buy your shoes lift up the insole and write the date on them. You'll never have to guess how old they are again.
4. **Use the 10% RULE** – Increase your mileage, speed, effort by less than 10% every week to prevent too much stress on your body. This will help prevent a lot of injuries.
5. **Listen to your Body** – Your body is an amazing machine created to function in an amazing way. Fortunately, it has built in checks and balances. The most important of these is PAIN – pain shouldn't be ignored especially if it occurs in just one spot or on one side of your body.
6. **Trust your Body** – Your body will recover from injuries but you have to let it and it is important to figure out why an injury occurred. Injuries that don't respond to rest or that reoccur are the ones that need to be looked at by a sports medicine specialist.
7. **Stretch appropriately** – Stretching, like anything else, can be good if done right but can be very bad and cause injuries if done wrong. Repetition is the key to stretching and should not result in pain during the stretch.
8. **Trust your Training Program** – Many injuries occur because of a “breakdown” between the ears. Programs are often developed to help people succeed and only last if people have succeeded by using them. Find one that works for you and then stick with it, don't add to it as this can result in injuries.
9. **Get your Rest** – The body needs to have time to recover. Give it the time it needs. Days off are not bad, they may be necessary. Sleep is important in helping your body recover and taking time off in the short-term can help prevent long-term problems.
10. **Enjoy your Exercise** – Take the time to enjoy your running. Mix it up and try to run on trails, roads, or the track. Remember “Safety First” and make sure you keep yourself in a safe area or run with others.