

10,000 STEPS TOWARD WELLNESS

Safety Tips

By following a few practical safety guidelines, you can ensure that your physical activity is always fun and pleasant.

- **It is always recommended to consult a physician before beginning an exercise program.**
- **If you begin to feel dizzy, faint, short of breath, chest pain or nauseous, stop the activity immediately. If the symptoms persist, notify your health care provider or call 911.**
- If you are just starting to be active regularly, start slowly and gradually increase duration, intensity, and frequency.
- Be active with a partner.
- Drink plenty of water before, during, and after physical activity.
- Don't overdo it. There is no gain from pain.
- Wear proper clothing, including comfortable clothes and appropriate shoes.

When being active outdoors:

- Obey traffic rules – or avoid traffic altogether by using parks and trails.
- When being active outdoors at night, choose well-lit areas where there are other people.
- If you are outside at night, make sure you are wearing reflective clothing so cars can see you.
- Avoid outdoor activities in extremely hot or cold weather.
- Don't be a couch potato – but don't be a baked potato either. Wear sunscreen and sun-protective clothing when outdoors. Avoid the midday sun.

What to do if you are injured:

If the injury is serious, seek immediate medical attention.

See your doctor if:

- Pain is extreme or persistent.
- The injury does not heal in a reasonable amount of time.
- You develop an infection or fever.
- You have an injury that results in swelling.
- You are unsure about the severity of the injury.

If your injury is not serious, follow the RICE principle:

- Rest the injury immediately.
- Ice the area immediately to reduce swelling.
- Compress the injured area with an elastic bandage or cloth to reduce swelling.
- Elevate the injured area.