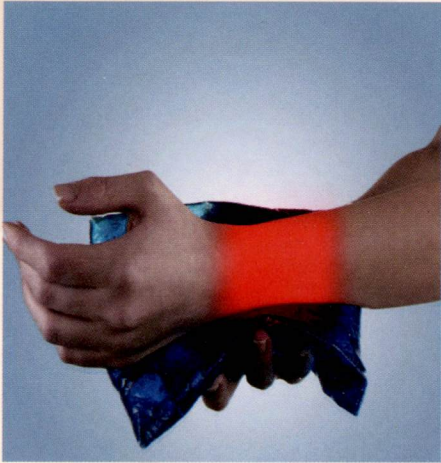


► **CAUTION:**

In case of injury during exercises, stop and apply ice as soon as possible.



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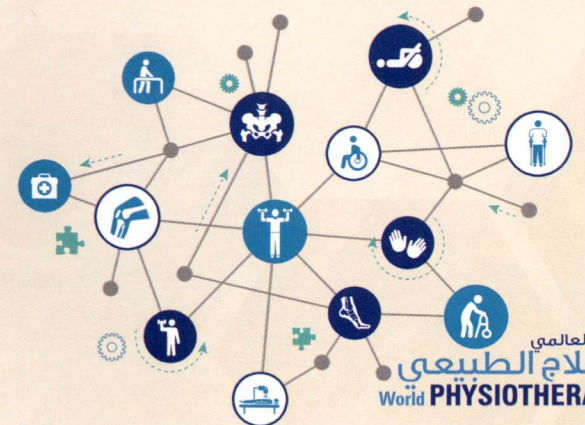
AHMADI HOSPITAL  
Physiotherapy Department



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**DO AND DO NOT IN**



يوم، العالمي  
لعلاج الطبيعي  
World **PHYSIOTHERAPY**

Exercise could be described as a physical activity that enhance or maintain physical fitness, overall health and wellness

1. Don't exercise if you are not sure how to do it properly, just find a trainer.

2. Always warm up.

3. Start exercising gradually. In case you stop exercising for certain time, don't go back to the same level. Instead, lower the level then increase slowly.

4. Don't exercise if the climate is not appropriate. Avoid hot and humid weather environment.

5. Don't do routine exercises, always try to cross train.

6. Know your limitations; Age, body mass could affect exercising. (Remember, when you are 50 years

old it is difficult to perform the same exercise you did when you were 20)

7. Choosing proper tools and equipment such as shoes: this could prevent injury during exercise.

8. Diet and Hydration: appropriate diet helps to increase energy to perform

exercise, drink water and liquids to avoid dehydration.

9. Dress properly to avoid hypothermia and hyperthermia.

10. Do strengthening and stretching exercises to avoid injuries.

