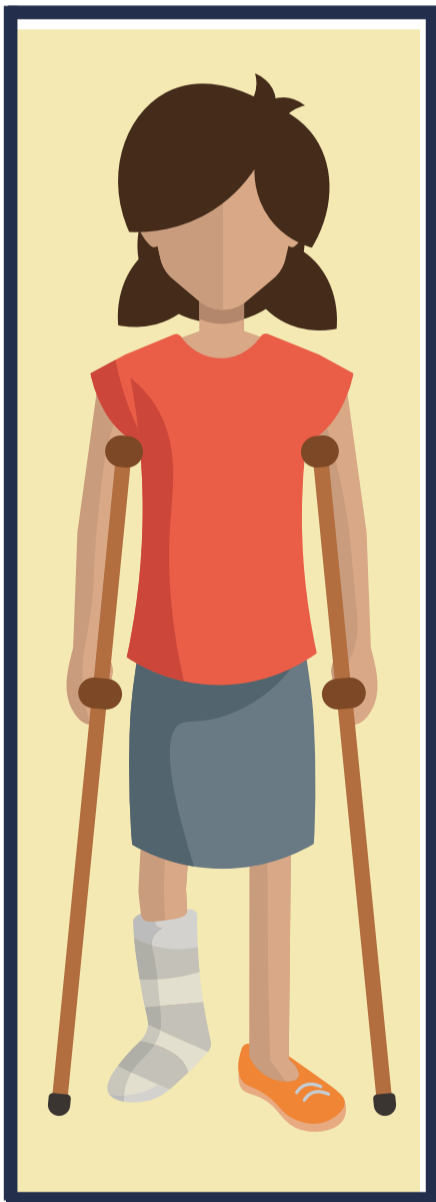


# Tips For Preventing Sports Injuries

**Sport persons & athletes are more susceptible to the risk of an injury. Here we have listed certain tips which can help them prevent sports injuries.**



- Regularly visit a chiropractic care center for effective spinal adjustment. It can help you enhance the mobility of your joints.
- Make sure that you set an alternate exercising routine for complete strength training and flexibility.
- Always set goals that are realistic as well as achievable and gradually increase your exercise target/goal to ensure a smooth transition.
- Ensure that you always warm up before doing any type of physical activity and also cool down your body after completing it.
- It is also very important to follow a healthy and balanced diet that contains a whole lot of fruits & vegetables to boost your immunity.

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