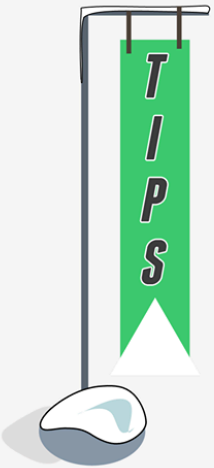




— winter sports

Warm Up - There is a new crazy trend in sport called “warming up”! Try 10-15 minutes of light jogging, fast walking or even a true Yellowknifer’s favorite of trying not to slip while walking... really anything to increase the heart rate and warm you up.



Skiing - do 10-15 squats, to warm up your legs. A few lunges will help too.

Taboganning - grab behind your knees while laying down and lift them to your chest for 20 - 30 seconds.

Skating - 10 -15 lunges for each leg. Get those legs limber!

Watching the Olympics - Get up every 30 minutes and go for a quick walk, even if it is just back to the fridge. Inactivity can lead to injury. Oh, and Go Michael Gilday!!!

Other sports - follow the trend above and use the muscles you will work while active. Don't push to hard while warming up, it is just to get the muscles moving.

Bundle Up - Some of the best things in life have layers, you know.... like cake. So layer up to stay safe, and if you are too warm you can modify how heavily you are dressed.

Hydrate Up - Hydration is a key factor in Yellowknife. With physical active dehydration in the cold can occur even faster. De-hydration can lead to fatigue, injury and decreased metabolism . Coffee and alcohol do not count! If drinking either, drink even more water to replace what is lost.



Once done, the cool down is just as important. Stretch and go for a short walk to keep yourself feeling better the next day. If you are sore apply ice to the area for 15-20 minutes. If you continue to feel sore after a few hours, repeat 2 more times more that day. If soreness persists it may be time to see your chiropractor. Remember: stay safe and have fun!

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