

TIPS TO BE A HEALTHY PLAYER

WARM UP & COOL DOWN

SMARTER
than smoking

**Kicking
Off
Healthy
Clubs**

- ✓ Warm up and cool down to assist your recovery
- ✓ Aims of a warm up are to increase:
 - the body's core temperature
 - your heart rate and blood flow to muscles
 - your breathing rate
- ✓ Warming up prepares your mind and body for the match
- ✓ Cooling down after a match helps the body clear lactic acid that builds up during activity
- ✓ Go for a jog, walk and remember to stretch



This information is general in nature and does not take into account your personal situation. You should consider whether the information is appropriate to your needs, and where required seek advice from a health professional.

